

RGUCET 2022

MSc Sports Biomechanics

1	Remember to put the toys back _____ the shelf after you have finished playing with them.					
	(a) at	(b) on	(c) in	(d) into	b	on
2	It is not wise _____ incite people to commit crimes.					
	(a) for	(b) as	(c) to	(d) in	c	to
3	It is not a good habit to arrive at _____ too early regarding the character of others.					
	(a) conclusion	(b) decision	(c) recommendation	(d) formation	a	conclusion
4	She was found guilty _____ swindling others of their hard-earned money.					
	(a) in	(b) by	(c) with	(d) of	d	of
5	If I _____ you I would not have accepted this offer at any cost.					
	(a) am	(b) was	(c) were	(d) become	c	were
6	No one can say with _____ why people sometimes behave irrationally.					
	(a) certain	(b) certainly	(c) certainty	(d) perfectly	c	certainty
7	In public dealing jobs one must be?					
	(a) good listener	(b) studious	(c) frank	(d) enthusiast	a	good listener
8	You have made some silly mistakes which have been pointed out to you. You will:					
	(a) keep Silent	(b) get Angry	(c) feel miserable	(d) feel thankful	d	feel thankful
9	A train always has-					
	(a) Engine	(b) Rails	(c) driver	(d) passengers	a	engine
10	A race always has-					
	(a) referee	(b) rivals	(c) Spectators	(d) Victory	b	rivals
11	When is the International Yoga Day celebrated?					
	a) March 21	b) June 21	c) April 22	d) May 31	b	June 21
12	Which one is the highest mountain peak in India?					
	a) Kangchenjunga	b) Nanda Devi	c) Everest	d) Yamnotri	a	Kangchenjunga
13	Which one is the oldest refinery of India?					
	a) Guwahati	b) Barauni	c) Digboi	d) Mangalore	c	Digboi
14	Which is NOT the main crop grown in the north eastern states?					
	a) Tea	b) Rice	c) Maize	d) Barley	d	Barley

15	Which is the State Tree of Arunachal Pradesh?					
	a) Mango	b) Hollong	c) Peepal	d) None of These	b	Hollong
16	In which city is the largest monastery of India located?					
	a) Itanagar	b) Bomdila	c) Tawang	d) Pasighat	c	Tawang
17	Who was the opponent of Indian Men's Badminton team in Thomas Cup-2022?					
	a) China	b) Indonesia	c) Thailand	d) Denmark	b)	Indonesia
18	What is the daily requirement of protein for a sedentary person?					
	a) 1gm/kg of body weight	b) 1.5gm/kg of body weight	c) 2gm/kg of body weight	d) 2.5gm/kg of body weight	a)	1gm/kg of body weight
19	Which one is a space agency/organization?					
	a) ISRO	b) DRDO	c) BARC	d) BHEL	c)	ISRO
20	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
21	In the series 357,363, 369, ....., what will be the 10 <sup>th</sup> term?					
	(a) 405	(b) 411	(c) 413	(d) 417	b	411
22	Danger always involves					
	(a) Enemy	(b) Attack	(c) Fear	(d) Help	c	Fear
23	Complete the given series by finding the missing term: 28, 33, 31, ? , 34, 39					
	a) 34	b) 35	c) 36	d) 37	c	36
24	10-6+4×20÷5 equals to					
	a) 32	b) 0	c) -32	d) 20	d	20
25	If one-third of one-fourth of a number is 15. What is three-tenth of that number?					
	a) 35	b) 36	c) 45	d) 54	d	54
26	Number of bones in the appendicle skeleton is					
	a)120	b)180	c)126	d)116	c	126
27	Function of long bones in the body is to					
	a) Give strength	b) Give protection	c) Act as lever	d) Provide surface area for muscle attachment	c	Act as lever
28	Bone cells are also called					
	a) Osteoblasts	b) Osteocytes	c) Osteoclasts	d) Osteoporosis	b	osteocytes
29	'Hamstring' muscle					
	a) extends knee	b) flexes knee	c) extends elbow	d) flexes elbow	b	flexes knee

30	During abduction the arm moves					
	a) Towards the body	b) Away from the body	c) In front of the chest	d) None of the above	b	Away from the body
31	A forward upward movement of the foot at the ankle joint is					
	a) Plantar flexion	b) dorsi flexion	c) inversion	d) eversion	b	dorsi flexion
32	Synovial joints are					
	a) Slightly movable	b) Freely movable	c) Both (a) and (b)	d) None of the above	b	Freely movable
33	Which of the following has maximum percentage in the bone?					
	a) Calcium sulphate	b) Calcium phosphate	c) Chloride	d) Fluoride	b	Calcium phosphate
34	Exoskeleton involves					
	a) Covering of skin, hair nails	b) Bones and cartilages	c) Long bones only	d) Short bones only	a	Covering of skin, hair nails
35	'Hunch back' is also known as					
	a) Back pain	b) scoliosis	c) lordosis	d) kyphosis	d	kyphosis
36	Boxer's muscles are					
	a) trapezius	b) sternocleido mastoid	c) Abdominal	d) Deltoid	d	Deltoid
37	'Trapeziums' muscles help in					
	a) Pushing the neck backward	b) ) Punching	c) Raising the leg forward	d) None of the above	a	Pushing the neck backward
38	'Zygomatic' bone is present in					
	a) Upper extremities	b) Lower extremities	c) Vertebral column	d) Skull Region	d	Skull Region
39	Flexion at elbow in brought about by					
	a) Biceps	b) Triceps	c) Both (a) and (b)	d) None of the above	c	Both (a) and (b)
40	Study of bones is called					
	a) osteology	b) osteoporosis	c) anthology	d) osteoclast	a	osteology
41	How many bones are there in the corpal of human beings?					
	a) 8	b) 9	c) 10	d) 11	a	8
42	What type of bones performs the function of giving strength?					
	a )Long bones	b) Regular bones	c) Flat bones	d) Short bones	c	Flat bones
43	Which of the following is a joint of reciprocal innervations?					
	a) Pivot joint	b) Saddle joint	c) Condyloid joint	d) Hinge joint	b	Saddle joint

44	Carpal joint is the example of					
	a) Pivot joint	b) Condylloid joint	c) Hinge joint	d) Ball and socket joint	d	Ball and socket joint
45	What type of muscles is capable of resisting fatigue in a long duration activity?					
	a) Deltoid	b) Fast twitch	c) Slow twitch	d) both (a) and (b)	d	Slow twitch
46	Muscles which cause the joints to bend are called					
	a) Flexors	b) extensors	c) Abductors	d) adductors	a	Flexors
47	Which of the following is a fibrous joint?					
	a) Joints of the skull	b) Joints of the fingers	c) Joints of the ribs	d) All the above.	a	Joints of the skull
48	A bone which is formed by the transformation of connective tissue is called					
	a) replacing bone	b) investing bone	c) seamed bone	d) flat bone	b	investing bone
49	Study of muscles is called					
	a) Otology	b) anthropology	c) Myology	d) anthropometry	c	Myology
50	Total number of bones in the human skull is					
	a) 20	b) 21	c) 22	d) 23	c	22
51	How many carpal bones are there in the wrist?					
	a) 6	b) 7	c) 8	d) 9	c	8
52	Total number of Ribs in a human body :					
	a) 12	b) 22	c) 24	d) 26	C	24
53	The scapula bone is situated in					
	a) Leg	b) hip	c) Upper back	d) arm	C	Upper back
54	Imaginary line passing from one front to back is called					
	a) sagittal axis	b) sagittal plane	c) vertical axis	d) lateral axis	b	sagittal Plane
55	In isometric contraction, the muscle					
	a) shortens	b) lengthens	c) neither shortens nor lengthens	d) shortens as well as lengthens	c	neither shortens nor lengthens
56	Carpo metacarpal joint is an example of					
	a) Condylloid joint	b) Ball and socket joint	c) Saddle joint	d) Gliding joint	c	Saddle joint
57	Total number of bones in the skull is					
	a)7	b) 8	c) 9	d) 10	b	8
58	'Thoracic vertebrae' consists of					

	a) 7 bones	b) 12 bones	c) 5 bones	d) 8 bones	C	12 bones
59	Which muscle is involved in the elevation of arm?					
	a) Deltoid	b) Biceps	c) Triceps	d) Quadriceps	a	Deltoid
60	The movement of hand where the thumb touches the 5th finger is					
	a) protraction	b) pronation	c) dorsiflexion	d) opposition	d	opposition
61	Which of the following elbow articulation is not responsible for flexion?					
	a) Brachialis	b) Triceps brachii	c) Biceps brachii	d) Brachioradialis	c	Triceps brachii
62	Cybex machine is based on the principle of					
	a) Isometric contraction	b) Isotonic contraction	c) Isokinetic contraction	d) None of the above	c	Isokinetic contraction
63	The sternum is located in					
	a) foot	b) chest	c) palm	d) skull	b	chest
64	Which of the following is an example of Hinge joint ?					
	a) Hip joint	b) Ankle Joint	c) Elbow Joint	d) All the above	c	Elbow Joint
65	Which of the following joint classifications would be described as slightly moveable?					
	a) Synovial	b) Synarthrosis	c) Diarthrosis	d) Amphiarthrosis	d	Amphiarthrosis
66	A reduction in joint angle is called					
	a) Abduction	b) Adduction	c) Flexion	d) Extension	c	Flexion
67	Which type of muscle contraction is involved when contraction velocity remains constant?					
	a) Isokinetic	b) Isotonic	c) Isometric	d) Eccentric	a	Isokinetic
68	'Hamstring' muscle					
	a) extends knee	b) flexes knee	c) extends elbow	d) flexes elbow	b	flexes knee
69	Which of the following is a joint of reciprocal innervations?					
	a) Pivot joint	b) Saddle joint	c) Condylloid joint	d) Hinge joint	b	Saddle joint
70	Which is NOT a step involved in analyzing movement?					
	a) Preparation	b) Execution	c) Warm-up	d) Follow-through	c	Warm-up
71	The forces acting on a runner near the end of a race are					
	a) Weight	b) friction	c) Air resistance	d) none of these	b	friction
72	The terms reset and motion are studied under					
	a) Biochemistry	b) Anatomy	c) Biomechanics	d) None of the above	c	Biomechanics
73	In which type of lever, the force is in between weight and fulcrum?					
	a) Type I	b) Type II	c) Type III	d) All the above	c	Type III

74	The law of gravity is an example of a law of motion studied in the body of knowledge called					
	a) Chemistry	b) Physics	c) Mechanics	d) All the above	c	Mechanics
75	An athlete covering 100 m distance in 10 seconds, ran at a speed of					
	a) 10m/s	b) 100 m/s	c) 20 m/s	d) 1000 m/s	a	10m/s
76	The path of an object covered during projectile is called					
	a) Trajectory	b) abnormal curve	c) Velocity	d) parabola	a	Trajectory
77	Video analysis of an athlete's skill by expert is					
	a) Quantitative Analysis	b) Qualitative Analysis	c) Phase Rotation Analysis	d) Canva Analysis	b	Qualitative Analysis
78	Newton's second law of motion is also known as					
	a) Law of inertia	b) Law of action reaction	c) Law of momentum	d) Law of gravitation Mechanical pull	c	Law of momentum
79	Duration is measure of					
	a) Distance	b) displacement	c) Force	d) time	d	time
80	'Speed' is indicated in					
	a) Km/sec <sub>2</sub>	b) Cm/hour	c) Newton	d) Km/hr	d	Km/hr
81	Mechanics is the branch of physics that deals with bodies					
	a) At rest	b) In motion	c) Both (a) and (b)	d) None of the above	b	In motion
82	The branch of mechanics, which deals with the force that produces or changes the state of motion, is					
	a) Kinematics	b) Statistics	c) Biomechanics	d) Kinetics	d	Kinetics
83	Which type of lever is most effective in sport movements?					
	a) Third class	b) second class	c) first class	d) none of the above	a	Third class
84	Using heavy cricket bat is providing					
	a) Extra Momentum	b) Extra Energy	c) Extra Speed	d) Extra Velocity	a	Extra Momentum
85	The opposing force that occurs when one body is sliding over the surface of another body is generally known as					
	a) Rolling friction	b) Sliding friction	c) Static friction	d) None of these	b	Sliding friction
86	What are also called moments of force?					
	a) Inertia	b) Acceleration	c) Trajectories	d) Torques	b	Acceleration
87	If you apply a force through center of gravity the ball will move in					
	a) Upward	b) Downward	c) Spinning	d) Straight line	d	Straight line

	curve	curve	movement			
88	Raising of the body on toes is an example of					
	a)third class lever	b)first class lever	c)second class lever	d)none of these	a	third class lever
89	Hyperextension occurs when the extension is beyond.					
	a) 180 degree	b) 90 degree	c) 60 degree	d) 120 degree	a	180 degree
90	A dynamometer measures					
	a) Velocity	b) Acceleration	c) Force	d) Pressure	c	Force
91	Which of the following terms describes force acting on a body in a fluid in a direction perpendicular to the fluid flows?					
	a) Wave drag	b) Surface drag	c) Friction	d) Lift	d	Lift
92	If velocity is constant, acceleration is					
	a) Zero	b) Decreasing	c) Constant	d) Increasing	a	Zero
93	Two forces acting in EQUAL but OPPOSITE directions and resulting in a TURNING effect is called a					
	a) Stabilizing force	b) Dislocating force	c) Moment of force	d) Force couple	d	Force couple
94	___ order lever is the lever of power.					
	a) 1st	b) 2nd	c) 3rd	d) All	b	2nd
95	Which one of the following activities is the best example of angular motion?					
	a) Running	b) Serving in tennis	c) Golf swing	d) Cycling	d	Cycling
96	Human kinetics is also known as:					
	a) Biomechanics	b) Fine motor skills	c) Gross motor skills	d) Movement analysis	d	Movement analysis
97	Lever system prevalent in human arm is					
	a) class III	b) class II	c) class I	d) none of these	a	class III
98	Newton's Third Law of Motion can be primarily used to explain:					
	a) Running and jumping	b) Throwing and catching	c) Kicking and hitting	d) Bowling and batting	a	Running and jumping
99	Which of the following is not a quantity of linear kinematics?					
	a) Angular velocity	b) Displacement	c) Velocity	d) Speed	a	Angular velocity
100	Flight path of an object is					
	a) Trajectory	b) Projectile	c) Velocity	d) Speed	a	Trajectory