

1	In a gymnastics competition, a gymnast was evaluated by four judges. Marks were 9.5, 9.5, 9.7 & 9.7; compute the mean:				d	d) 9.60
	a) 9.55	b) 9.70	c) 9.65	d) 9.60		
2	Which measure of central tendency will be suitable to compare weights of students in two classes?				b	b) Mean
	a) Mode	b) Mean	c) Median	d) SD		
3	Which measure of central tendency will be suitable to compare the sale of five brands of tennis racket?				c	c) Median
	a) Mode	b) Mean	c) Median	d) SD		
4	As the degree of freedom increases, the value of "t" required for significance will be				b	b) decreases
	a) increases	b) decreases	c) is unaffected	d) no set pattern		
5	When the mean and standard deviation are computed from samples, these results are called?				c	c) Sample statistic
	a) Sample parameter	b) Population parameter	c) Sample statistic	d) Population statistic		
6	Appropriate level of significance is chosen by considering				d	d) A & B
	a) the cost of Type I error	b) the cost of Type II error	c) the cost of conducting the test	d) A & B		
7	If 1.96 is the critical value of z then the significance level of the test is				b	b) 0.05
	a) 0.01	b) 0.05	c) 0.10	d) 0.02		
8	1. Reliability of conclusion draw from the sample study increases as sample size increases. 2. Reliability of results draw from the sample study depends upon the representativeness of the sample.				d	d) Both 1 & 2 are true
	a) Only statement 1 is true	b) Only statement 2 is true	c) Statement 1 is true and 2 is wrong	d) Both 1 & 2 are true		
9	A reasoning where we start with certain particular statements and conclude with a universal statement is called				b	b) Inductive Reasoning
	a) Deductive Reasoning	b) Inductive Reasoning	c) Abnormal Reasoning	d) Transcendental Reasoning		
10	The essential qualities of a researcher are				d	d)

	a) Spirit of enquiry	b) Reliance on observation and evidence	c) Systematization or theorizing of knowledge	d) Both B & C		Both B & C
11	The distribution in which the values of median, mean and mode are not equal is considered as				b	b) asymmetric distribution
	a) experimental distribution	b) asymmetrical distribution	c) symmetrical distribution	d) exploratory distribution		
12	Simple random sampling is suitable when the population is				a	a) Clustered
	a) Clustered	b) Systematically Arranged	c) Homogeneous	d) Heterogeneous		
13	The larger the value of r, the better would be the estimate obtained through regression coefficients				a	a) Yes
	a) Yes	b) No	c) Sometime	d) Can't Say		
14	Which section of a journal article is provided in most online electronic databases?				a	a) Abstract
	a) Abstract	b) Introduction	c) Conclusion	d) Results		
15	Sequential sampling is preferred if the population units are				a	a) Expensive
	a) Expensive	b) Homogenous	c) Clustered	d) Arranged Systematically		
16	1. Sample study always results into accurate conclusion in comparison to population study. 2. Randomization is important features in all the sampling techniques.				d	d) Both 1 & 2 are true
	a) Only statement 1 is true	b) Only statement 2 is true	c) Statement 1 is wrong and 2 is true	d) Both 1 & 2 are true		
17	Information is.....				d	d) Organized data
	a) Raw Data	b) Processed Data	c) Input data	d) Organized data		
18	Conference proceedings are considered as.....documents				b	b) Primary
	a) Conventional	b) Primary	c) Secondary	d) Tertiary		
19	Which one of the following is not a format of bibliography writing				c	c) MLC
	a) MLA	b) Chicago	c) MLC	d) APA		

20	A kind of variable that cannot be manipulated, such as age, sex, race and so on is called				b	b) Categorical Variable
	a) Continuous Variable	b) Categorical Variable	c) Extraneous Variable	d) Criterion Variable		
21	How much similarity in your research work with others will not be considered as plagiarism? And will be consider as minor similarity				a	a) Below 10%
	a) Below 10%	b) 10% to 15%	c) 15% to 30%	d) Below 30%		
22	Level of significance set by researcher prior to the study is also known as				a	a) Alpha ( $\alpha$ )
	a) Alpha ( $\alpha$ )	b) Beta ( $\beta$ )	c) Gama ( $\gamma$ )	d) Delta ( $\delta$ )		
23	A threat to internal validity where observer rate high to subject on basis of subjects past performance				b	b) Halo Effect
	a) Proximity Error	b) Halo Effect	c) Leniency	d) Parameter Invariance		
24	A study in which participants do not know whether they are receiving the experimental or control treatment is called				d	d) Blind Study
	a) Placebo Study	b) Hawthorne Study	c) Avis Study	d) Blind Study		
25	Mode is statistical technique that is based on				c	c) Egg Cell
	a) Nominal Data	b) Ordinal Data	c) Interval Data	d) Ratio Data		

26	Which of the following system eliminates excess nitrogen from the body?					
	a) Digestive system	b) Urinary system	c) Respiratory system	d) Lymphatic system	b	Urinary system
27	Which of the following type of cartilage is present at the joints of long bones in humans?					
	a) Fibrous	b) Hyaline	c) Elastic	d) Calcified	b	Hyaline
28	Which of the following hormone helps in the secretion of HCL from stomach?					
	a) Gastrin	b) Secretin	c) Pepsin	d) Renin	a	Gastrin
29	Which of the following is the inner most layer of human eye?					

	a) Retina	b) Choroid	c) Sclera	d) Cornea	a	Retina
30	Which of the following control breathing rate in humans?					
	a) Cerebellum	b) Hypothalamus	c) Thalamus	d) Medulla oblongata	d	Medulla oblongata
31	Cardiac output is determined by _____					
	a) heart rate	b) stroke volume	c) blood flow	d) heart rate and stroke volume	d	heart rate and stroke volume
32	In human being the duration of cardiac cycle is _____					
	a) 0.008 sec	b) 0.5 sec	c) 0.8 sec	d) 8 sec	c	0.8 sec
33	Name the three phases of cardiac cycle in the order _____					
	a) early diastole, mid-to-late diastole, ventricular systole	b) ventricular systole, mid-to-late diastole, Early diastole	c) mid-to-late diastole, Ventricular systole, Early diastole	d) early diastole, Ventricular systole, mid-to-late diastole	c	mid-to-late diastole, Ventricular systole, Early diastole
34	The P wave of the ECG represents _____					
	a) ventricular depolarization	b) atrial depolarization	c) ventricular repolarization	d) atrial systole	b	atrial depolarization
35	Unhealthy growth of tissue due to higher pressures on the walls of the artery is termed as _____					
	a) atheroma	b) aroma	c) adenoma	d) aroma and adenoma	a	atheroma
36	When did “co-action” occur during competition?					
	a) when people are carried out the same task alongside with you.	b) leading to poor performance	c) in the absence of audience	d) when there is less motivation from the coach	d	when there is less motivation from the coach
37	According to Evaluation-apprehension theory (Cottrell), why the presence of other might lead to increased arousal?					
	a) when training with friends or team-mates	b) we feel that we are about to	c) size of the audience increases	d)when we worse performan	b	we feel that we are about to evaluated

		evaluated		ce in competitio n.		
38	There is a significant advantage to playing to home in baseball, football, basketball, ice hockey, etc. this is a perfect example of					
	a) cooperation	b) apprehension	c) social loafing	d) audience effect	d	audience effect
39	Which aspect of sports psychology deals with the improvement of performance by mental visualisation?					
	a) Positive self-talk	b) Imagery	c) Motivational interviewing	d) Cognitive behaviour Therapy	b	Imagery
40	The NEO PI-R model of personality proposes the following number of personality factors:					
	a) 6	b) 10	c) 4	d) 5	d	5
41	Psycho neuromuscular Theory (Programming Muscles for Action) is proposed by					
	a) Harris	b) Robinson	c) Suinn	d) Carpenter	d	Carpenter
42	Which of the statement is not suitable for imagery?					
	a) Improve concentration	b) Practice sports skills	c) concentration on nutrition	d) cope with injury	c	concentration on nutrition
43	Which of the following statement is wrong in context of the benefits of confidence?					
	a) concentration	b) effort	c) cope with injury	d) game strategies	c	cope with injury
44	'a volleyball player consistently hits strong and accurate spikes during practice. In the match, however, her first spike is blocked back in her face. She starts to doubt herself and becomes tentative and conservative in subsequent spikes and thus loses her effectiveness.' It is a perfect example of:					
	a) Overconfidence	b) Lack of Confidence	c) Expectations Influence Performance	d) Self-Expectations and Performance	b	Lack of Confidence
45	The rapid improvement in the structure & function of the sensory organs of young baby are known as					
	a) Social & Moral Development	b) Language Development	c) Intellectual Development	d) Emotional	c	Intellectual Development

		t	during Infancy	Developm ent		t during Infancy	
46	“Learning is a process of progressive behavior adaptation” by						
	a) Skinner	b) Leagans	c) Kolb	d) Coleman	a	Skinner	
47	The law that involves the emotional reaction of the learner is known as						
	a) Law of Exercise	b) Law of Readiness	c) Law of Effect	d) Laws of Learning	c	Law of Effect	
48	The principle of exercise states that those things most often repeated are best remembered.						
	a) Law of exercise	d) Laws of Learning	c) Law of Effect	d) Law of Readiness	a	law of exercise	
49	“Memory is the retention or storage of information in any form.” is given by						
	a) Fiedsetal	b) Levin	c) Guilford	d) Woodwort h and Marquis	c	Guilford	
50	Occurs on account of psychological factors like stresses, anxiety, conflicts, temper provocation, lack of interest, aversion apathy, repression or similar other emotional and psychological problems.						
	a) Physical/Organic Forgetting	b) Psychologica l Forgetfulness	c) Morbid or abnormal forgetting	d) General Forgetfulness	b	Psychologic al Forgetfulness	
51	Lactate level is measured in...						
	a) mmol/min	b)mg/L	c) Liter/Min	d) mmol/L	d	mmol/L	
52	Unit of skinfold meaurment is						
	a) cm/sec	b) cm/kg	c) mm/mt	d) millimeters	d	millimeters	
53	Russell-Lange test is associated with wich sports						
	a) Basketball	b) Badminton	c) Volleyball	d) Tennis	c	Volleyball	
54	Measure to test optimal strength						
	a) 1RM	b) 2RM	c) 3RM	d) 4RM	a	1RM	

55	An eye tracker is a device for measuring					
	a) eye control	b) the point of gaze	c) eye vision	d) eye view	b	the point of gaze
56	Immediate treatment of the injured athletes is					
	a) First aid	b) RICE	c) PRICE	d) Cryotherapy	c	PRICE
57	Focused Stretching is for					
	a) Myofascial Release	b) Counter irritant effect	c) Pre-tendinitis	d) Strain	a	Myofascial Release
58	Fluidotherapy & Whirlpools is					
	a) Conversion	b) Conduction	c) Convection	d) Evaporation	c	Convection
59	Ultrasound, Microwave, Liniments or Balms					
	a) Conversion	b) Conduction	c) Convection	d) Radiation	a	Conversion
60	Through which of the following methods, desirable channels are provided for the release of emotional energy?					
	a) Inhibition	b) Sublimation	c) Catharsis	d) Repression	c	Catharsis
61	Deficiency of Vitamin B complex causes					
	a) Dermatitis	b) Pellagra	c) Rickets	d) Scurvy	a	Dermatitis
62	AIDS causing HIV principally infects					
	a) All lymphocytes	b) Activator B-cells	c) Cytotoxic T-cells	d) T4 lymphocytes	d	T4 lymphocytes
63	Lactose is made up of					
	a) Glucose + Fructose	b) Glucose + Glucose	c) Glucose + Galactose	d) Fructose + Fructose	c	Glucose + Galactose
64	A disease transferred from mother to child through placenta is					
	a) Diarrhea	b) Syphilis	c) AIDS	d) Both b & c	d	Both b & c
65	Insulin promotes _____					
	a) Glucosuria	b) Glycogenesis	c) Glycogenolysis	d) Gluconeogenesis	b	Glycogenesis

66	Testosterone is converted to _____ in the prostate					
	a) Dihydrotestosterone	b) Cholesterol	c) Estrogen	d) Progesterone	a	a) Dihydrotestosterone
67	The two principal contractile proteins in skeletal muscles are					
	a) actin and troponin	b) actin and tropomyosin	c) actin and myosin	d) myosin and tropomyosin	c	actin and myosin
68	Adaptive immunity is					
	a) acquired and results in immunological memory	b) specific and mediated by natural killer cells	c) mediated by cytokines	d) non-specific	a	acquired and results in immunological memory
69	The percentage of water in the average adult human body is					
	a) 80%	b) 60%	c) 40%	d) 90%	b	60%
70	Which type of contraction occurs when the force of the muscles is less than the resistance:					
	a) Concentric	b) Eccentric	c) Isometric	d) Isokinetic	b	Eccentric
71	Enzyme which helps in digestion of fat					
	a) Amylase	b) Lipase	c) Enterokina	d) Tripsin	b	Lipase
72	Technique of ossification of bones of right hand is used to determine					
	a) Height	b) Age	c) Weight	d) Equilibrium Ability	b	Age
73	The type of hepatitis which caused after blood transfusion					
	a) Hepatitis-A	b) Hepatitis-B	c) Hepatitis-C	d) Hepatitis-D	c	Hepatitis-C
74	Infant morality rate is expressed in terms of					
	a) Rate per 100 live births	b) Rate per 1000 live births	c) Rate per 1000 total births	d) Rate per 100 total births	b	Rate per 1000 live births
75	Which of the following tests is not used to measure muscular					



	strength endurance?					
	a) sit up	b) flexed arm hang	c) squat thrust	d) distance walk	d)	distance walk
76	Sarcopenia is a disease which is related with					
	a) Nerves	b) Bones	c) Muscles	d) Lungs	c)	Muscles
77	Relative strength depends on					
	a) Maximum Strength and Weight	b) Maximum Strength and Height	c) Explosive Strength and Flexibility	d) Explosive Strength and Height	a)	Maximum Strength and Weight
78	Which joint of the body is most vulnerable to arthritis?					
	a) Finger Joint	b) Elbow Joint	c) Knee Joint	d) Ankle Joint	c)	Knee Joint
79	Muscle cramps are caused due to the deficiency of					
	a) Iron	b) Sodium	c) Calcium	d) Zinc	b)	Sodium
80	What is used by the sprinters to increase the muscle mass?					
	a) Testosterone	b) Dopamine	c) Diuretic	d) Caffeine	a)	Testosterone
81	Static strength is also known as					
	a) Isometric Strength	b) Isotonic Strength	c) Isokinetic Strength	d) Eccentric Strength	a)	Isometric Strength
82	Which of the following is not a principle of training?					

	a) Principle of Continuity	b) Principle of Progression of Load	c) Principle of Individualisation	d) Principle of Hierarchy	d)	Principle of Hierarchy
83	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
84	Total work done in a training session by an athlete is called					
	a) Load	b) Volume	c) Intensity	d) Density	b)	Volume
85	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
86	Carbohydrate loading is:					
	a) Enhancing energy stores of muscles	b) Enhancing energy stores of blood	c) Mitochondrial glycogenesis	d) Anaerobic glycolysis	a)	Enhancing energy stores of muscles
87	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
88	The leg curl machine will primarily train the muscles.					
	a) Hamstring	b) Quadriceps	c) Rectus Abdominis	d) Sartorius	a)	Hamstring
89	Which one is not a subjective method to judge the over load?					
	a. Players Behavior	b. Body Temperature	c. Color of Urine	d) Amount of Sweating	b.	Body Temperature
90	How intensity of training can be increased?					
	a). By Decreasing Training Volume	b) By Decreasing Training Intensity	c) By Decreasing Training Volume and Intensity	d) By Decreasing Recovery	d).	By Decreasing Recovery
91	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
92	What should be the range of Repetition to gain muscle hypertrophy?					
	a) 1-6	b) 12+	c) 6-12	d) 1-4	c)	6-12
93	Which of the following is the basic unit of muscles?					
	a) Cells	b) Nucleus	c) Myofibrils	d) Tissue	c)	Myofibrils

94	The ability to move from one point to another in the shortest period of time:					
	a) Power	b) Agility	c) Speed	d) Balance	c)	Speed
95	The systemic circulation is called greater circulation. It supplies blood to all parts of the body except					
	a) Lungs	b) Skeletal Muscles	c) Brain	d) Liver	a)	Lungs
96	Process in which glucose breakdown and provide energy is called					
	a) Glyconeogenesis	b) Glycolysis	c) Lipolysis	d) Glycogen	b)	Glycolysis
97	What can be the ideal proportion of diet for a weight lifter?					
	a) High Protein and Fat with Low Carbohydrate	b) High Protein and Carbohydrate with Low Fat	c) High Fat and Carbohydrate with Low Protein	d) Low Fat and Carbohydrate with High Protein	b)	High Protein and Carbohydrate with Low fat
98	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%
99	Process in which fat breakdown and provide energy is called					
	a) Glyconeogenesis	b) Glycolysis	c) Lipolysis	d) Glycogen	c)	Lipolysis
100	If an individual eat 20gm fat, how much energy he will get?					
	a) 100Kcal	b) 140Kcal	c) 180Kcal	d) 200Kcal	c)	180Kcal