

This booklet consists of 100 questions and 12 printed pages.

RGUCET/2023/UG/03

Series

NIL

RGUCET 2023
BACHELOR OF PHYSICAL EDUCATION

Full Marks: 100

Time: 2 Hours

Roll No.

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Day and Date of Examination :

Signature of Invigilator(s) :

Signature of Candidate :

General Instructions:

PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE MAKING ANY ENTRY.

1. DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO.
2. Candidate must write his/her Roll Number on the space provided.
3. This Test Booklet contains 100 Multiple Choice Questions (MCQs). Each question carries 1 mark. There shall be negative marking of 0.25 against each wrong attempt.
4. Please check the Test Booklet to verify that the total pages and total number of questions contained in the test booklet are the same as those printed on the top of the first page. Also check whether the questions are in sequential order or not.
5. Candidates are not permitted to enter into the examination hall 15 minutes after the commencement of the entrance test or leave the examination hall before 30 minutes of end of examination.
6. Making any identification mark in the OMR Answer Sheet or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
7. Candidates shall maintain silence inside and outside the examination hall. If candidate(s) is/are found violating the instructions mentioned herein or announced in the examination hall, they will be summarily disqualified from the entrance test.
8. In case of any dispute, the decision of the Entrance Test Committee, RGU shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy.

1	Who is known as the "Father of White Revolution" in India?				b	Sri Verghese Kurien
	a) Dr. Harigovind Khurana	b) Sri Verghese Kurien	c) Dr. C. V. Raman	d) Sri Tom Walter		
2	Who is the first woman president of the India?				b	Smt. Pratibha Patil
	a) Smt. Indira Gandhi	b) Smt. Pratibha Patil	c) Smt. Sarojini Naidu	d) Smt Sushma Swaraj		
3	Which player has been awarded by "Bharta Ratna Award"?				c	Sachin Tendulkar
	a) Major Dhyanchand	b) MS Dhoni	c) Sachin Tendulkar	d) Sunil Chhetri		
4	Who is the present Vice President of India?				a	Sri Jagdeep Dhankhar
	a) Sri Jagdeep Dhankhar	b) Sri Manmohan Singh	c) Dr. Manoj Jha	d) Sri I. K. Gujral		
5	The Indian Institute of Science is located in which Indian city?				b	Bengaluru
	a) Pune	b) Bengaluru	c) Ranchi	d) Shillong		
6	Which Planet is Also known by the name of Blue planet?				d	Earth
	a) Mars	b) Pluto	c) Venus	d) Earth		
7	Kanha National Park is located in which State of India?				d	Madhya Pradesh
	a) Bihar	b) Panjab	c) Tripura	d) Madhya Pradesh		

8	A person coming to a foreign land to settle there				d	Immigrant
	a) Settler	b) Tourist	c) Emigrant	d) Immigrant		
9	Antonyms of Harmonious is				b	discordant
	a) Sonorous	b) Discordant	c) Concordant	d) Balanced		

10	Antonyms of Traitor is				c	Patriot
	a) Migrant	b) Member	c) Patriot	d) Officer		

11	Which institution released a report on Currency and Finance?				B	RBI
	a) NITI Aayog	b) RBI	c) NPCI	d) SEBI		
12	Who was the ninth Guru of the Sikh religion?				A	Guru Tegh Bahadur
	a) Guru Tegh Bahadur	b) Guru Nanak	c) Guru Har Gobind	d) Guru Ram Das		
13	Which year has been proposed to be marked as the year of tourism?				A	2023
	a) 2023	b) 2024	c) 2025	d) 2027		
14	Copilot is the AI-powered digital assistant developed by which company?				A	Microsoft
	a) Microsoft	b) Google	c) Amazon	d) Walmart		
15	Which institution released the '2022 UN World Water Development Report'?				B	UNESCO
	a) UNICEF	b) UNESCO	c) World Bank	d) WEF		
16	Ozempic, which was seen in the news, is used to treat which disease?				A	Diabetes
	a) Diabetes	b) Covid	c) Chronic Heart Disease	d) Hypertension		
17	Which of the following Indian Naval Ships arrived at the Port Colombo of Sir Lanka on 27th of Feb., 2023 on an official visit?				C	INS Sukanya
	a) INS Suvarna	b) INS Saryu	c) INS Sukanya	d) INS Sub		

18	If 30% of a number is 12.6, find the number?				a	42
	a) 42	b) 45	c) 40	d) 38		
19	What is the next number in the sequence 2, 4, 8, 16, _?				c	32
	a) 18	b) 20	c) 32	d) 24		
20	What is the area of a rectangle with length 5 and width 4?				b	20
	a) 9	b) 20	c) 19	d) 21		
21	At a four-way intersection, you are driving North. If you take a right turn, which direction will you be driving?				a	East
	a) East	b) West	c) South	d) North		
22	A train travels 300 miles at an average speed of 50 mph. How long does it take to complete the journey?				c	6 hours
	a) 4 hours	b) 5 hours	c) 6 hours	d) 7 hours		
23	What is the value of pi (π) to two decimal places?				a	3.14
	a) 3.14	b) 3.16	c) 3.12	d) 3.18		
24	What is the value of the square root of 16?				b	4
	a) 2	b) 4	c) 8	d) 16		
25	Which of the following is not a prime number?				c	25
	a) 7	b) 17	c) 25	d) 23		

DOMAIN

26	The human body has how many pairs of ribs?				b	12
	a) 11	b) 12	c) 10	d) 13		
27	Which bone is also known as the shoulder blade?				b	Scapula
	a)Clavicle	b)Scapula	c)Humerus	d)Radius		
28	What is the largest muscle in the human body?				b	Gluteus

	a)Biceps	b)Gluteus maximus	c)Pectoralis major	d)Latissimus dorsi		maximus
29	Which test measures the flexibility of the lower back and hamstrings?				b	Sit and Reach Test
	a)Illinois Agility Test	b)Sit and Reach Test	c)Standing Broad Jump Test	d)Vertical Jump Test		
30	BMI stands for:				a	Body Mass Index
	a)Body Mass Index	b)Basal Metabolic Index	c) Body Metabolism Index	d)Basal Mass Index		
31	How many players are there in a rugby team?				b	15
	a) 11	b) 15	c) 6	d) 9		
32	In which sport is the term 'Eagle' used?				b	Golf
	a)Cricket	b)Golf	c)Tennis	d)Basketball		
33	How many players are there in a baseball team?				a	9
	a) 9	b) 11	c) 7	d) 6		
34	What is the highest sporting honour in India?				b	Khel Ratna Award
	a)Arjuna Award	b)Khel Ratna Award	c) Dronacharya Award	d)Dhyan Chand Award		
35	The Dronacharya Award is given to:				c	Sports coaches
	a)Outstanding athletes	b)Sports journalists	c)Sports coaches	d)Sports organizers		
36	Who was the first recipient of the Khel Ratna award?				a	Vishwanathan Anand
	a)Vishwanathan Anand	b)Sachin Tendulkar	c)P. V. Sindhu	d)Sania Mirza		
37	What nutrient is most important for athletes for energy?				c	Carbohydrates
	a)Proteins	b)Fats	c)Carbohydrates	d)Vitamins		
38	Which of the following is a good source of protein?				c	Eggs

	a)Apples	b)Oranges	c)Eggs	d)Potatoes		
39	The 'Fosbury Flop' technique is associated with which sport?				b	High jump
	a)Swimming	b)High jump	c)Long jump	d)Pole vault		
40	Which of the following is a characteristic of fast-twitch muscle fibers?				c	High force production
	a)High aerobic endurance	b)Slow to fatigue	c)High force production	d)Efficient use of oxygen		
41	In which sport is the term 'Duckworth-Lewis method' used?				a	Cricket
	a)Cricket	b)Football	c)Hockey	d)Tennis		
42	The 'Thomas Cup' is associated with which sport?				d	Badminton
	a)Table Tennis	b)Squash	c)Tennis	d)Badminton		
43	Who is the first Indian athlete to win an Olympic gold medal?				d	Neeraj Chopra
	a)Mary Kom	b)Yogeshwar Dutt	c) P. V. Sindhu	d)Neeraj Chopra		
44	In which city Kalinga stadium is located?				d	Bhubaneswar
	a)Delhi	b)Mumbai	c)Kolkata	d)Bhubaneswar		
45	Who is the chairman of Indian Olympic Association?				c	P. T. Usha
	a) Narindar Batra	b) Abhinav Bindra	c) P. T. Usha	d) Sushil Kumar		
46	What is the function of sweat during exercise?				a	To cool the body
	a)To cool the body	b)To provide energy	c)To prevent dehydration	d)To eliminate body fat		
47	Which of the following is a component of physical fitness?				c	Cardiovascular endurance
	a) Social health	b) Mental health	c) Cardiovascular endurance	d) Emotional health		

48	Which of the following is a type of resistance training that uses body weight as the resistance?				c	Calisthenics
	a) Plyometrics	b) Isometrics	c) Calisthenics	d) Aerobics		
49	Which of the following is a type of stretching that involves bouncing movements?				c	Ballistic stretching
	a) Static stretching	b) Dynamic stretching	c) Ballistic stretching	d) PNF stretching		
50	Which of the following is a component of skill-related fitness?				c	Speed
	a) Muscular endurance	b) Balance	c) Speed	d) Cardiovascular endurance		
51	Which of the following is a component of health-related fitness that refers to the ability of the body to perform daily tasks without undue fatigue?				d	Functional fitness
	a) Cardiovascular endurance	b) Muscular endurance	c) Flexibility	d) Functional fitness		
52	Which of the following is a benefit of regular strength training?				c	Increased bone density
	a) Improved flexibility	b) Reduced risk of heart disease	c) Increased bone density	d) Improved endurance		
53	Which of the following is a measure of muscular strength?				d	Bench press
	a) VO2 Max	b) Body Mass Index	c) Heart Rate	d) Bench press		
54	Which of the following is a component of skill-related fitness that refers to the ability to change direction quickly?				b	Agility
	a) Coordination	b) Agility	c) Balance	d) Reaction time		
55	Which of the following is a type of training that involves performing a series of exercises in a row with minimal rest between each exercise				c	Circuit training
	a) Aerobic training	b) Anaerobic training	c) Circuit training	d) PNF training		
56	Performing daily chores without any fatigue is				c	Physical fitness

	a) mental wellness	b) dynamic ability	c) physical fitness	d) none of these		
57	Which of the following is not a component of physical fitness?					
	a)endurance	b)alertness	c)strength	d)agility	b	alertness
58	Vitamin K is important for					
	a)providing nourishment of body	b)metabolism of the body	c)prevention of disease	d)normal coagulation of blood	d	normal coagulation of blood
59	Which of the following minerals keeps brain, nails and hair healthy?					
	a)Phosphorous	b)potassium	c)sulphur	d)calcium	c	sulphur
60	Hepatitis is an infection of the					
	a)kidney	b)stomach	c)liver	d)duodenum	c	liver
61	Excess carbohydrates stored in the					
	a)body cells	b)intestines	c)adipose tissue	d)bone marrow	a	Body cells
62	Which disease is also known as lock jaw-				b	tetanus
	a)rabies	b)tetanus	c)leprosy	d)measles		
63	The school health services started in India is					
	a)1909	b)1949	c)1962	d)1968	a	1909
64	Which disease is also known as hydrophobia?					
	a)Rabies	b)Tetanus	c)leprosy	d)measles	a	rabies
65	Lung cancer is begin due to					
	a)physical agents	b)biological agents	c)mechanical agents	d)chemical agents	d	Chemical agents
66	Health related fitness best known as-					
	a)motor fitness	b)cardiovascular fitness	c)aerobic fitness	d)general fitness	d	General fitness

67	Dehydration is caused by				c	loss of salt and water
	a)loss of blood	b)loss of appetite	c)loss of salt and water	d)none of these		
68	Obesity occur when you-				b	take in more calories than you burn
	a)frequent eating	b)take in more calories than you burn	c)follow no scruples in eating	d)engage in moderate exercise		
69	The only class of food which contains nitrogen				a	protein
	a)protein	b)fat	c)carbohydrate	d)none of these		
70	In health education the basic principle is to start from				a	Known to unknown
	a)known to unknown	b)earlier to recent	c)ancient to modern	d)voluntary to involuntary		
71	Which type of fat is considered the healthiest?				d	Polyunsaturated fat
	a) Saturated fat	b) Trans fat	c) Monounsaturate d fat	d) Polyunsaturated fat		
72	As per WHO guideline, what is the recommended for moderate aerobic physical activity per day for adults?				a	60 minutes per day
	a) 60 minutes per day	b) 45 minutes per day	c) 30 minutes per day	d) 25 minutes per day		
73	Which of the following is a benefit of getting enough sleep?				c	Improved memory and concentration
	a) Increased risk of obesity	b) Increased risk of heart disease	c) Improved memory and concentration	d) Increased risk of depression		
74	Which of the following is NOT a symptom of dehydration?				d	Sweating
	a) Thirst	b) Dark urine	c) Headache	d) Sweating		
75	Which of the following is a healthy source of protein?				c	Lentils
	a) Fried chicken	b) Beef jerky	c) Lentils	d) Hot dogs		

76	What is the maximum recommended daily intake of sodium for an adult?				b	2000 milligrams
	a) 1,500 milligrams	b) 2000 milligrams	c) 2,500 milligrams	d) 3500 milligrams		
77	What is the recommended ratio of omega-6 to omega-3 fatty acids in the diet?				b	2:1
	a) 1:1	b) 2:1	c) 4:1	d) 10:1		
78	Which of the following is a benefit of stretching?				c	Improved range of motion
	a) Decreased flexibility	b) Increased risk of injury	c) Improved range of motion	d) Increased muscle tension		
79	What is the recommended daily intake of fiber for an adult?				a	30 grams
	a)30 grams	b) 10 grams	c) 40 grams	d)20 grams		
80	Which of the following is a benefit of practicing mindfulness meditation?				b	Decreased stress levels
	a) Increased	b) Decreased stress levels	c) Increased blood pressure	d) Decreased attention span		
81	What is the recommended daily intake of iron for an adult?				d	10 milligrams
	a)25 milligrams	b) 5 milligrams	c)15 milligrams	d) 10 milligrams		
82	Where are the next Olympics games of 2024 to be held?					
	a) Los Angeles	b) Atlanta	c) Moscow	d) Paris	d	Paris
83	Eden Garden (Kolkata) is associated with					
	a) Cricket	b) Hockey	c) Football	d) Basketball	a	Cricket
84	Indira Gandhi Gold Cup is associated with					
	a) Hockey	b) Football	c) Boxing	d) Basketball	b	Football
85	What is the amount given along with the statuette and commendation to an Arjuna Award winner?					
	a)Rs. 10 lakh	b)Rs. 20 lakh	c)Rs. 15 lakh	d)Rs. 5 lakh	c	Rs 15 lakh
86	Which is the first of the four Grand Slam tennis tournaments to be held each year?					
	a)U.S. Open	b)Wimbledon	c)French Open	d)Australian open	a	U.S. Open
87	Indira Gandhi Cup is associated with which sports?					
	a)Cricket	b) Football	c)Boxing	d)Basketball	c	Boxing

88	Aditi Ashok is one of the top ranked player of which sports?					
	a)Badminton	b)Shooting	c) Golf	d)Chess	c	Golf
89	Which of the following terms is not associated with Football?					
	a)Free Kick	b)Off Side	c)Penalty Kick	d)Penalty Stroke	d	Penalty Stroke
90	What is width of goal post in the game of football?					
	a) 7m	b)7.32m	c) 8m	d) 6.5m	b	7.32m
91	“Bull’s eye” is used in the game of					
	a)Shooting	b) Boxing	c)Polo	d)Baseball	a	Shooting
92	“Ranji Trophy” is associated with					
	a)Kabbadi	b)Cricket	c)Football	d) Hockey	b	Cricket
93	Which nation has bagged maximum number of Thomas Cup titles?					
	a)Japan	b)China	c)Indonesia	d)Denmark	c	Indonesia
94	Which country will host the 2028 Summer Olympic Games?					
	a) USA	b)Japan	c)France	d)Brazil	a	USA
95	Which team won the first FIFA Women’s World Cup?					
	a)Brazil	b)Norway	c)Sweden	d) USA	d	USA
96	Which sport’s competition series is known as “The Ashes”?					
	a)Cricket	b)Baseball	c)Football	d)Tennis	a	Cricket
97	The highest governing body of the “Field Hockey” is					
	a)International Hockey Committee	b)International Hockey Council	c)International Hockey Federation	d)International Hockey Association	c	International Hockey Federation
98	Rangaswami Cup is associated with					
	a)Golf	b)Hockey	c)Football	d)Wrestling	b	Hockey
99	Which of the following is not correctly paired?					
	a) Sania Mirza – Tennis	b) Jeev Milka Singh – Chess	c) Saina Nehwal – Badminton	d) Sunil Chettri–Football	b	Jeev Milka Singh – Chess
100	Grand Slam is associated with					
	a) Golf	b) Lawn Tennis	c) Boxing	d) Volley ball	b	Lawn Tennis

SPACE FOR ROUGH WORK