

This booklet consists of **100** questions and **12** printed pages.

RGUCET/2023/PG/37

Series

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| NIL |
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RGUCET 2023

**MASTER OF SCIENCE IN STRENGTH AND CONDITIONING**

**Full Marks: 100**

**Time: 2 Hours**

Roll No.

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Day and Date of Examination :

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***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.
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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 the Indian Nuclear Programme'? |                                |  |                                   | a | Dr. Homi J. Bhabha            |
|    | a) Dr. Homi J. Bhabha   | b) Dr. CV Raman                | c) Dr. APJ Abdul Kalam                 | d) Dr. Krishnaswamy Kasturirangan |   |                               |
| 2  | Which is the smallest state of India by Area?                 |                                |  |                                   | a | Goa                           |
|    | a) Goa  | b) Nagaland                    | c) Tripura                             | d) Sikkim                         |   |                               |
| 3  | In which year UN was established?                             |                                |  |                                   | a | 1945                          |
|    | a) 1945   | b) 1947                        | c) 1948                                | d) 1950                           |   |                               |
| 4  | Who is the Chairman of Rajya Sabha?                           |                                |  |                                   | a | Sri Jagdeep Dhankhar          |
|    | a) Sri Jagdeep Dhankhar                                       | b) Sri Manmohan Singh          | c) Dr. Manoj Jha                       | d) Sri I. K. Gujral               |   |                               |
| 5  | Headquarter of World Trade Centre is located in which city?   |                                |  |                                   | a | Geneva                        |
|    | a) Geneva   | b) Lucerne                     | c) Zurich                              | d) Mumbai                         |   |                               |
| 6  | Who has served as Chief Justice of India?                     |                                |  |                                   | a | Sri Ranjan Gogoi              |
|    | a) Sri Ranjan Gogoi   | b) Sri Kapil Sibbal            | c) Sri Arun Jetly                      | d) Dr. Manoj Jha                  |   |                               |
| 7  | Who is the Chief of Defence Staff of India?                   |                                |  |                                   | a | Lt Gen Anil Chauhan           |
|    | a) Lt Gen Anil Chauhan  | b) General Bipin Rawat         | c) General Manoj Pande                 | d) General Bikram Singh           |   |                               |
| 8  | What is full form of BARC?                                    |                                |  |                                   | d | Bhabha Atomic Research Centre |
|    | a) British Army Recruitment Centre                            | b) Bharat Army Research Centre | c) Bharat Aeronautical Research Centre | d) Bhabha Atomic Research Centre  |   |                               |
| 9  | Which player has been awarded by "Bhartat Ratna Award"?       |                                |  |                                   | c | Sachin Tendulkar              |
|    | a) Major Dhyanchand   | b) MS Dhoni                    | c) Sachin Tendulkar                    | d) Sunil Chhetri                  |   |                               |
| 10 | Kisli National Park is located in which State of India?       |                                |  |                                   |   | Madhya                        |

|    |  |                 |              |                   |   |            |
|----|--|-----------------|--------------|-------------------|---|------------|
|    | a) Bihar   | b) Panjab       | c) Tripura   | d) Madhya Pradesh | d | Pradesh    |
| 11 | Osteoporosis is caused by deficiency of                          |                 |              |                   |   |            |
|    | a) Vitamin A   | b) Vitamin B    | c) Vitamin C | d) Vitamin D      | d | Vitamin D  |
| 12 | AYD, BVF, DRH, ?, KGL  |                 |              |                   |   |            |
|    | a) FMI   | b) GMJ          | c) HLK       | d) GLJ            | d | GLJ        |
| 13 | Architect : Building :: Sculptor : ?                             |                 |              |                   |   |            |
|    | a) Museum  | b) Statue       | c) Chisel    | d) Stone          | b | Statue     |
| 14 | FLEXIBLE : RIGID :: CONFIDENCE : ?                               |                 |              |                   |   | Diffidence |
|    | a) Diffidence  | b) Indifference | c) Cowardice | d) Scare          | a |            |
| 15 | Forecast : Future : : Regret : ?                                 |                 |              |                   |   | Past       |
|    | a) Present   | b) Past         | c) Atone     | d) Sign           | b |            |
| 16 | If 30% of a number is 12.6, find the number?                     |                 |              |                   |   | 42         |
|    | a) 42  | b) 45           | c) 40        | d) 38             | a |            |
| 17 | What is the ratio of 12 minute to 1 hour?                        |                 |              |                   |   |            |
|    | a) 2/3   | b) 3/4          | c) 1/5       | d) 1/4            | C | 1/5        |
| 18 | When -1 is multiplied by itself 100 times, the product is:       |                 |              |                   |   |            |
|    | a) 1   | b) -1           | c) 100       | d) -100           | a | 1          |
| 19 | You will kill yourself if you _____ stop smoking.                |                 |              |                   |   |            |
|    | a) aren't  | b) didn't       | c) don't     | d) weren't        | c | don't      |
| 20 | If I _____ a bird I could fly home.                              |                 |              |                   |   |            |
|    | a) were  | b) will be      | c) would be  | d) be             | a | were       |
| 21 | The Prime minister warned that higher wages _____ higher prices. |                 |              |                   |   |            |
|    | a) would mean  | b) will mean    | c) mean      | d) to mean        | a | would mean |
| 22 | The action of looking within or into one's own mind              |                 |              |                   |   |            |

|    |   |               |                |                |   |               |
|----|---|---------------|----------------|----------------|---|---------------|
|    | a) Introspection  | b) Introvert  | c) Examination | d) Observation | a | Introspection |
| 23 | A person coming to a foreign land to settle there               |               |                |                |   |               |
|    | a) Settler  | b) Tourist    | c) Emigrant    | d) Immigrant   | d | Immigrant     |
| 24 | Antonyms of Harmonious is                                       |               |                |                |   |               |
|    | a) Sonorous   | b) Discordant | c) Concordant  | d) Balanced    | b | Discordant    |
| 25 | Antonyms of Traitor is  |               |                |                |   |               |
|    | a) Migrant  | b) Member     | c) Patriot     | d) Officer     | c | Patriot       |
| 26 | Process in which glucose breakdown and provide energy is called |               |                |                |   |               |
|    | a) Glyconeogenesis  | b) Glycolysis | c) Lipolysis   | d) Glycogen    | b | Glycolysis    |
| 27 | How much energy 1gm Fat provides?                               |               |                |                |   |               |
|    | a) 8 Kcal   | b) 9 Kcal     | c) 10 Kcal     | d) 11 Kcal     | b | 9 Kcal        |
| 28 | Smallest structural unit of Fat is                              |               |                |                |   |               |
|    | a) Fatty Acid   | b) Uric Acid  | c) Sucrose     | a) VLDL        | a | Fatty Acid    |
| 29 | 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%          |
| 30 | Which is the best source of Omega3 Fatty Acid?                  |               |                |                |   |               |
|    | a) Chicken  | b) Milk       | c) Fish Oil    | d) Egg Yolk    | d | Egg Yolk      |
| 31 | Process in which fat breakdown and provide energy is called     |               |                |                |   |               |
|    | a) Glyconeogenesis  | b) Glycolysis | c) Lipolysis   | d) Glycogen    | c | Lipolysis     |
| 32 | If an individual eat 40gm fat, how much energy he will get?     |               |                |                |   |               |
|    | a) 100Kcal  | b) 240Kcal    | c) 280Kcal     | d) 360Kcal     | d | 360Kcal       |
| 33 | Which fat is considered as good fat?                            |               |                |                |   |               |
|    | a) Trans Fat  | b) VLDL       | c) LDL         | d) HDL         | d | HDL           |

|    |  |                         |                       |                     |   |                        |
|----|--|-------------------------|-----------------------|---------------------|---|------------------------|
| 34 | Which nutrient has best anti-inflammatory property?  |                         |                       |                     |   |                        |
|    | a) Protein   | b) Fat                  | c) Lactose            | d) Carbohydrate     | b | Fat                    |
| 35 | If an individual consume protein more than his requirement. The extra protein converts in                  |                         |                       |                     |   |                        |
|    | a) Fat   | b) Protein              | c) Chloride           | d) Carbohydrate     | d | Carbohydrate           |
| 36 | Which body part store highest amount of protein?   |                         |                       |                     |   |                        |
|    | a) Bones   | b) Skeletal Muscles     | c) Liver              | d) Kidney           | b | Skeletal Muscles       |
| 37 | For a sedentary adult whose weight is 85kg and age is 28years, what will be his daily protein requirement? |                         |                       |                     |   |                        |
|    | a) 750gm   | b) 70gm                 | c) 85gm               | d) 100gm            | b | 85gm                   |
| 38 | Which food is the best source of Complete Protein?   |                         |                       |                     |   |                        |
|    | a) Egg   | b) Spinach              | c) Milk               | d) Pork             | a | Egg                    |
| 39 | Major role of Protein for human body   |                         |                       |                     |   |                        |
|    | a) Growth and Development  | b) Energy Production    | c) Insulation         | d) Protection       | a | Growth and Development |
| 40 | Carbohydrate is responsible for  |                         |                       |                     |   |                        |
|    | a) Providing Energy  | b) Protection of Organs | c) Metabolism         | d) Insulation       | a | Providing Energy       |
| 41 | What should be the ideal diet after intense weight training session?                                       |                         |                       |                     |   |                        |
|    | a) High Carbs  | b) Fat with Carbs       | c) Protein with Carbs | d) Fat with Protein | c | Protein with Carbs     |
| 42 | Muscles cramps are caused due to the deficiency of   |                         |                       |                     |   |                        |
|    | a) Iron  | b) Sodium               | c) Calcium            | d) Zinc             | b | Sodium                 |
| 43 | Osteoporosis is caused by deficiency of  |                         |                       |                     |   |                        |
|    | a) Vitamin A   | b) Vitamin B            | c) Vitamin C          | d) Vitamin D        | d | Vitamin D              |
| 44 | Which fat is good for health of athlete?   |                         |                       |                     |   | Polyunsat              |

|    |   |                                       |                |                           |   |                           |
|----|---|---------------------------------------|----------------|---------------------------|---|---------------------------|
|    | a) Polyunsaturated Fat  | b) Saturated Fat                      | c) Trans Fat   | d) LDL                    | a | aturated Fat              |
| 45 | How much protein a human body can absorb in a single meal?                                      |                                       |                |                           |   |                           |
|    | a) 40gm   | b) 20gm                               | c) 60gm        | d) 80gm                   | b | 20gm                      |
| 46 | what Creatine provided for an athlete during training   |                                       |                |                           |   |                           |
|    | a) Energy   | b) Fat                                | c) Protein     | d) Reduce Fat             | a | Energy                    |
| 47 | Which is the best training to overcome Sarcopenia?  |                                       |                |                           | b | Resistance Training       |
|    | a) Fartlek Training   | b) Resistance Training                | c) Asana       | d) Cycling                |   |                           |
| 48 | Powerlifting competition consist of how many events?  |                                       |                |                           | b | 3                         |
|    | a) 2  | b) 3                                  | c) 4           | d) 5                      |   |                           |
| 49 | Which one is part of powerlifting competition?  |                                       |                |                           | c | Bench Press               |
|    | a) Leg Press  | b) Counter Jump                       | c) Bench Press | d) Squat Thrust           |   |                           |
| 50 | Total work done in a training session by an athlete is called                                   |                                       |                |                           | b | Volume                    |
|    | a) Load   | b) Volume                             | c) Intensity   | d) Density                |   |                           |
| 51 | If an athlete has "Back Squat 5x10 (at 100kg)" in their program. What would be the volume-load? |                                       |                |                           | c | 5000kg                    |
|    | a) 50kg   | b) 450kg                              | c) 5000kg      | d) 10000kg                |   |                           |
| 52 | Which doping substance is used by athletes to enhance their strength ?                          |                                       |                |                           | d | Testosterone              |
|    | a) Diuretics  | b) Beta Blockers                      | c) ACTH        | d) Testosterone           |   |                           |
| 53 | Which mode of training is best suitable for management of diabetes?                             |                                       |                |                           | b | Moderate Intensity Weight |
|    | a) Pranayama  | b) Moderate Intensity Weight Training | c) Trekking    | d) Low Intensity Exercise |   |                           |

|    |   |  |   |   |   |  |
|----|---|--|---|---|---|--|
|    |   |  |   |   |   | Training                               |
| 54 | Lifting heavy weights for a shorter repetitions will target the development of  |  |   |   | b | Muscular Strength                      |
|    | a) Muscular Endurance   | b) Muscular Strength                       | c) Flexibility                            | d) Body Composition                       |   |  |
| 55 | Competition in which the sportsperson participate to improve his training state are called  |  |   |   | b | Build up competition                   |
|    | a) Preparatory competition  | b) Build up competition                    | c) Main competition                       | d) Major competition                      |   |  |
| 56 | Dynamometer is used to measure which fitness component?   |  |   |   | c | Maximum Strength                       |
|    | a) Explosive Strength   | b) Strength Endurance                      | c) Maximum Strength                       | d) Reactive Strength                      |   |  |
| 57 | In this method of training exercise is done at maximum intensity with intervals of complete recovery                                      |  |   |   | d | Repetition Method                      |
|    | a) Adaptation Method  | b) Fartlek Method                          | c) Interval Method                        | d) Repetition Method                      |   |  |
| 58 | The ability to co-ordinate body part movements with one another and in relation to a definite goal oriented whole body movement is called |  |   |   | c | Coupling Ability                       |
|    | a) Orientation Ability  | b) Balance Ability                         | c) Coupling Ability                       | d) Reaction Ability                       |   |  |
| 59 | Why is a cool down important after exercise?  |  |   |   | d | To Speed up the Removal of Lactic Acid |
|    | a) To Raise Resting Heart Rate  | b) To Improve Speed                        | c) To Make Muscular Contractions Stronger | d) To Speed up the Removal of Lactic Acid |   |  |
| 60 | What is Buffer capacity of an athlete?  |  |   |   | a | Increased Alkaline Capacity in Muscles |
|    | a) Increased Alkaline Capacity in Muscles   | b) Increased Potassium Capacity in Muscles | c) Increased Alkaline Capacity in Lungs   | d) Increased Potassium Capacity in Lungs  |   |  |
| 61 | The ability to achieve a high level of fine tuning or harmony of individual movement phases and body part movement is called              |  |   |   | b | Differentiation ability                |
|    | a) Orientation  | b) Differentiation                         | c) Coupling                               | d) Reaction                               |   |  |

|    |  |                                 |                                 |                                  |   |                              |
|----|--|---------------------------------|---------------------------------|----------------------------------|---|------------------------------|
|    | ability  | ability                         | ability                         | ability                          |   |                              |
| 62 | Which of the following activities would be best described as both aerobic and anaerobic? |                                 |                                 |                                  | d | Tennis                       |
|    | a) Sprinting   | b) Long jump                    | c) Weightlifting                | d) Tennis                        |   |                              |
| 63 | According to the Principle of Continuity, training program should be:                    |                                 |                                 |                                  | a | Regular                      |
|    | a) Regular   | b) Irregular                    | c) Once a week                  | d) Once a month                  |   |                              |
| 64 | The ability to move from one point to another in the shortest period of time:            |                                 |                                 |                                  | c | Speed                        |
|    | a) Power   | b) Agility                      | c) Speed                        | d) Balance                       |   |                              |
| 65 | Loss of muscle is called   |                                 |                                 |                                  | c | sarcopenia                   |
|    | a) osteopenia  | b) osteoporosis                 | c) sarcopenia                   | d) pneumonia                     |   |                              |
| 66 | Condition during which muscles lack adequate blood flow is called                        |                                 |                                 |                                  | b | Ischemia                     |
|    | a) Saline  | b) Ischemia                     | c) Motor Engrams                | d) Oxygen Deficit                |   |                              |
| 67 | HbA1c test is used to measure  |                                 |                                 |                                  | b | Blood Glucose                |
|    | a) Blood Lipid   | b) Blood Glucose                | c) Blood Culture                | d) Blood Pressure                |   |                              |
| 68 | Skeletal Muscle is also known as:  |                                 |                                 |                                  | a | Striated Muscle              |
|    | a) Striated Muscle   | b) Unstriated Muscle            | c) Cardiac Muscle               | d) Bipinniate Muscle             |   |                              |
| 69 | Full form of VLDL is   |                                 |                                 |                                  | c | Very Low Density Lipoprotein |
|    | a) Varied Low Density Lipoprotein  | b) Vast Low Density Lipoprotein | c) Very Low Density Lipoprotein | d) Vague Low Density Lipoprotein |   |                              |
| 70 | Triglycerides are made by  |                                 |                                 |                                  | a | Glucose and Lipid            |
|    | a) Glucose and Lipid   | b) Protein                      | c) Lipid and Fat                | d) Fat and                       |   |                              |



|    |   |                  |                        |                     |   |                     |
|----|---|------------------|------------------------|---------------------|---|---------------------|
|    |   | and Lipid        |                        | Protein             |   |                     |
| 71 | Which fat is termed as bad fat?                                       |                  |                        |                     |   |                     |
|    | a) Omega-3  | b) Omega-6       | c) Polyunsaturated Fat | d) LDL              | d | LDL                 |
| 72 | Largest cell of human body is   |                  |                        |                     |   |                     |
|    | a) Neurone  | b) Sperm         | c) Nephron             | d) Ovum             | d | Ovum                |
| 73 | Fight and Flight response of our body is controlled by which hormone? |                  |                        |                     |   |                     |
|    | a) Thyroxine  | b) Adrenaline    | c) Insulin             | d) Oxytocin         | b | Adrenaline          |
| 74 | The only artery of human body that carry deoxygenated blood           |                  |                        |                     |   |                     |
|    | a) Carotid Artery   | b) Brachial Vein | c) Superior Vena cava  | d) Pulmonary Artery | d | Pulmonary Artery    |
| 75 | Which fat is good for health of athlete?                              |                  |                        |                     |   |                     |
|    | a) Polyunsaturated Fat  | b) Saturated Fat | c) Trans Fat           | d) LDL              | a | Polyunsaturated Fat |
| 76 | How much protein a human body can absorb in a single meal?            |                  |                        |                     |   |                     |
|    | a) 40gm   | b) 20gm          | c) 60gm                | d) 80gm             | b | 20gm                |
| 77 | what Creatine provided for an athlete during training                 |                  |                        |                     |   |                     |
|    | a) Energy   | b) Fat           | c) Protein             | d) Reduce Fat       | a | Energy              |
| 78 | Which one is an electrolyte mineral?                                  |                  |                        |                     |   |                     |
|    | a) Sulfur   | b) Iron          | c) Potassium           | d) Zinc             | c | Potassium           |
| 79 | In which age disease sarcopenia is very common?                       |                  |                        |                     |   |                     |
|    | a) Infancy  | b) Childhood     | c) Adult               | d) Old              | d | Old                 |
| 80 | Number of bones in the axial skeleton is                              |                  |                        |                     |   | 80                  |

|    |   |                                    |                        |                       |   |                                 |
|----|---|------------------------------------|------------------------|-----------------------|---|---------------------------------|
|    | a) 60   | b) 80                              | c) 40                  | d) 20                 | c |                                 |
| 81 | Number of bones in the Appendicular skeleton is   |                                    |                        |                       | d | 126                             |
|    | a) 160  | b) 88                              | c) 142                 | d) 126                |   |                                 |
| 82 | Osteoporosis is caused by deficiency of   |                                    |                        |                       | d | Vitamin D                       |
|    | a) Vitamin A  | b) Vitamin B                       | c) Vitamin C           | d) Vitamin D          |   |                                 |
| 83 | Static strength is also known as  |                                    |                        |                       | a | Isometric Strength              |
|    | a) Isometric Strength   | b) Isotonic Strength               | c) Isokinetic Strength | d) Eccentric Strength |   |                                 |
| 84 | Which activity involve the isometric muscular contraction?  |                                    |                        |                       | a | Bench Press                     |
|    | a) Bench Press  | b) Plyo Jump                       | c) Cycling             | d) Counter Jump       |   |                                 |
| 85 | Which activity involves the isotonic muscular contraction?  |                                    |                        |                       | c | Cycling                         |
|    | a) Leg Press  | b) Weight Lifting                  | c) Cycling             | d) Dead Lift          |   |                                 |
| 86 | Muscles which cause the joints to bend are called   |                                    |                        |                       | a | Flexors                         |
|    | a) Flexors  | b) Extensors                       | c) Abductors           | d) adductors          |   |                                 |
| 87 | Postural muscles is known as  |                                    |                        |                       | b | Anti gravitational force muscle |
|    | a) Gravitation al force muscle  | b) Anti gravitational force muscle | c) Abdomen muscle      | d) All the above      |   |                                 |
| 88 | DEXA is used to measure   |                                    |                        |                       | a | Fat                             |
|    | a) Fat  | b) Glucose                         | c) Iron                | d) Salt               |   |                                 |
| 89 | Fat is measured by various means. Out of the following which mean do not use in measurement of fat? |                                    |                        |                       | d | Thyromet er                     |
|    | a) DEXA   | b) Bioelectrical Impedance         | c) WHtR                | d) Thyrometer         |   |                                 |

|    |  |                              |                              |                       |   |                           |
|----|--|------------------------------|------------------------------|-----------------------|---|---------------------------|
| 90 | Substance used by athletes to lower their Blood Pressure during competition  |                              |                              |                       | b | Beta Blockers             |
|    | a) Diuretics   | b) Beta Blockers             | c) ACTH                      | d) Testosterone       |   |                           |
| 91 | Which doping substance is used by athletes to enhance their strength ?       |                              |                              |                       | d | Testosterone              |
|    | a) Diuretics   | b) Beta Blockers             | c) ACTH                      | d) Testosterone       |   |                           |
| 92 | Which type of exercise should be avoided during back pain?                   |                              |                              |                       | b | Forward Bending           |
|    | a) Back Bending  | b) Forward Bending           | c) Light Weight              | d) Back Bending Asana |   |                           |
| 93 | The leg curl machine will primarily train the muscles.                       |                              |                              |                       | a | Hamstring                 |
|    | a) Hamstring   | b) Quadriceps                | c) Rectus Abdominis          | d) Sartorius          |   |                           |
| 94 | Kraus-Weber test measures  |                              |                              |                       | b | Minimum muscular strength |
|    | a) Relative muscular strength  | b) Minimum muscular strength | c) Maximum muscular strength | d) Strength endurance |   |                           |
| 95 | Dynamometer is used to measure which fitness component?                      |                              |                              |                       | c | Maximum Strength          |
|    | a) Explosive Strength  | b) Strength Endurance        | c) Maximum Strength          | d) Reactive Strength  |   |                           |
| 96 | Transfer of heat from one place to another by the motion of heated substance |                              |                              |                       | c | Convection                |
|    | a) Conduction  | b) Conversion                | c) Convection                | d) Couple Reaction    |   |                           |
| 97 | 30 second sit-ups test is used to measure                                    |                              |                              |                       | c | Strength Endurance        |
|    | a) Maximum Strength  | b) Dynamic Flexibility       | c) Strength Endurance        | d) Power              |   |                           |
| 98 | FMS test is used to assess   |                              |                              |                       | a | Movement                  |
|    | a) Movement  | b) Performance               | c) Sport Specific Assessment | d) Muscular Screening |   |                           |

|     |   |                    |                     |                  |   |                 |
|-----|---|--------------------|---------------------|------------------|---|-----------------|
|     |   |                    |                     |                  |   |                 |
| 99  | Name the device used for recording muscular work-                                       |                    |                     |                  | b | Electromyogram  |
|     | a) Ergometer  | b) Electromyogram  | c) Eergograph       | d) All the above |   |                 |
| 100 | Which of the following test/instrument is most scientific way to test the leg strength? |                    |                     |                  | b | Leg Dynamometer |
|     | a) Squat  | b) Leg Dynamometer | c) Back Dynamometer | d) Dynamometer   |   |                 |

**SPACE FOR ROUGH WORK**