

Test Booklet No. _____

This booklet consists of 100 questions and 12 printed pages.

RGUPET/____/____

Series

NIL

**RGUPET 2023
Ph.D. in PHYSICAL EDUCATION**

Full Marks: 100

Time: 3 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) from the concerned subject. Each question carries 1 mark.
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.

SPACE FOR ROUGH WORK

1	What is the name of the conceptual framework in which the research is carried out?				d	Research design
	a) Research hypothesis	b) Synopsis of Research	c) Research paradigm	d) Research design		
2	What does the longitudinal research approach actually deal with?				a	Long-term research
	a) Long-term research	b) Short-term research	c) Horizontal research	d) None of the above		
3	Evaluation Research is concerned with _____				a	How well are we doing
	a) How well are we doing?	b) Why are we doing?	c) What are we doing?	d) none of the above		
4	Which of the following does not correspond to characteristics of research?				d	Research is not a process
	a) Research is not passive	b) Research is systematic	c) Research is not a problem-oriented	d) Research is not a process		
5	The main aim of the scientific method in the research field is to _____				d	Eliminate spurious relations
	a) Improve data interpretation	b) Confirm triangulation	c) Introduce new variables	d) Eliminate spurious relations		
6	Which of the following is not the method of Research?				c	Observation
	a) Survey	b) Historical	c) Observation	d) Philosophical		
7	Authenticity of a research finding is its _____				b	Objectivity
	a) Validity	b) Objectivity	c) Originality	d) All of the above		
8	Which one is called non-probability sampling?				a	Quota sampling
	a) Quota sampling	b) Cluster sampling	c) Systematic sampling	d) Stratified random sampling		
9	On what basis did Jean Piaget give his theory of cognitive development of humans?					

	a) Evaluation Research	b) Fundamental Research	c) Applied Research	d) Action Research	b	Fundamental Research
10	Which technique is generally followed when the population is finite?				a	Systematic Sampling Technique
	a) Systematic Sampling Technique	b) Purposive Sampling Technique	c) Area Sampling Technique	d) None of the above		

11	In which of the following research methods, manipulation and control of variables, and randomization of sample are two of the basic requirements?					
	A) Ex-Post Facto Research	B) Descriptive Research	C) Case Study Research	D) Experimental Research	D)	Experimental Research
12	Cross-sectional surveys are divided into two types, which are?					
	A) Exploratory and Causal	B) Functional and Dysfunctional	C) Relational and Logic	D) Descriptive and Analytical	D)	Descriptive and Analytical
13	Which of the following is a primary step in research?					
	A) Preparing the Research Design	B) Developing the Research Hypothesis	C) Formulation of research problem	D) Execution of the Project	C)	Formulation of research problem
14	Which of the following is not a data collection method?					

	A) Observation	B) Schedules	C) Interview	D) Research Question	D)	Research Question
15	Expansion of SPSS?					
	A) Statistical Practices for Social Science	B) Statistical Product for Social Science research	C) Solution and Package for Social Research	D) Statistical Packages for the Social Sciences	D)	Statistical Packages for the Social Sciences
16	Which of the following is a final stage of a research?					
	A) Preparation of the report	B) Analysis of Data	C) Hypothesis Testing	D) Generalization and Interpretation	A)	Preparation of the report
17 is an activity that produces an official count of a country's population at regular intervals?					
	A) Survey	B) Scheduled interview	C) Census	D) Piolet survey	C)	Census
18	The format of thesis writing is the same as in					
	A) Writing seminar representation	B) Presentation of research paper/article	C) A Research Dissertation	D) Presenting a research workshop /conference paper	C)	A Research Dissertation
19	The main aim of the scientific method in the research field is to					
	A) Improve Data Interpretation	B) Confirm Triangulation	C) Introduce New Variables	D) Eliminate Spurious Relations	D)	Eliminate Spurious Relations

20	What is the full form of ISSN?					
	A) International Standard Serial Number	B) Indian Standard Serial Number	C) Indian Standard Series Number	D) International Standard Series Number	A)	International Standard Serial Number

21	Cluster sampling is the only alternative if the experimental units in the population are				d	Group of Units
	a) Ex p e n s i v e	b) Heterogeneous	c) Destructive	d) Group of Units		
22	This statistical technique comes in category of parametric statistical technique				c	Two way Repeated ANOVA
	a) C h i - S q u a r e T e s t	b) Rank Correlation	c) Two way Repeated ANOVA	d) Mann-Whitney U Test		
23	This is not a format of bibliography writing				c	MLC
	a) M L A	b) Chicago	c) MLC	d) APA		

24	A kind of variable that cannot be manipulated, such as age, sex, race and so on is called			b	Categorical Variable
	a) Continuous Variable	b) Categorical Variable	c) Extraneous Variable		
25	Level of significance set by researcher prior to the study is also known as			a	Alpha (α)
	a) Alpha (α)	b) Beta (β)	c) Gama (γ)		
26	Probability of rejecting null hypothesis when it is actually false is called			c	Power of Test
	a) Type I Error	b) Type II Error	c) Power of Test		
27	A threat to internal validity where observer rate high to subject on basis of subjects past performance			b	Halo Effect
	a) Prox	b) Halo Effect	c) Leniency		

	i m i t y E r r o r				
28	Which document comes in category of secondary source during historical investigation?				
	a) N e w s p a p e r A r t i c l e	b) Official Records	c) Physical Remains	d) Mechanical Records	a Newspaper Article
29	A study in which participants do not know whether they are receiving the experimental or control treatment is called				
	a) P l a c e b o S t u d y	b) Hawthorne Study	c) Avis Study	d) Blind Study	d Blind Study
30	Which one is part of 5th chapter of research report?				
	a) C r i t e r	b) Discussion of Hypothesis	c) Recommendations	d) Delimitations	c Recommendations

	ion Measures					
31	Which of the following abbreviation used in footnotes and endnotes means in the same place?				C	ibid.
	a) et.al.	b) loc	c) ibid.	d)		
32	Which section of a research reports sets the stage for the report and indicates where in the report each components tables and figures can be found?				A	Preliminary pages
	a) Preliminary pages	b) Table of contents	c) Main Body	d) Appendices		
33	The report is always written in:				A	Sequential manner
	a) Sequential manner	b) Irregular manner	c) Horizontal manner	d) Data biased manner		
34	A good report must have:				A	Clear logical structure
	a) Clear logical structure	b) Extra information about report	c) Both a and b	d) none of these		
35	A summary of the report in which you include one structure or so for every main section of your report is called				C	abstract
	a) Glossary	b) introduction	c) abstract	d) summary		
36	What is at the end of the report?				D	appendices
	a) title page	b) bibliography	c) body	d) appendices		

				es		
37	In technical writing the largest report termed is.				B	Discussion
	a) Conclusion/recommendation	b) Discussion	c) Heading	d)		
38	Which one is used for the shortest document among technical written documents?				C	summary
	a) report	b) website	c) summary	d) paragraph		
39	We must be avoided _____ in technical writing?				D	Personal feelings
	a) Facts	b) Grammar	c) Punctuation	d) Personal feelings		
40	Technical writing demands which of the following use of language?				B	factual
	a) figurative	b) factual	c) poetic	d) dramatic		
41	A researcher in physical education wants to understand the impact of a new training regimen on athletes' performance. What kind of research design should be used?				b	Experimental research
	a) Descriptive research	b) Experimental research	c) Case study research	d) Ethnographic research		
42	A research study conducted over the course of a football season to monitor changes in player fitness levels would be an example of:				b	Longitudinal study
	a) Cross-sectional study	b) Longitudinal study	c) Case study	d) Experimental study		
43	Which of the following is the best example of a dependent variable in a study examining the effects of a new training program on sprinters' speed?				a	The sprinters' speed
	a) The	b) The new	c) The type of	d) The		

	sprinters' speed	training program	shoes the sprinters wear	sprinters' diet		
44	A physical education teacher wants to understand the relationship between students' physical fitness levels and their academic performance. What type of research design is most suitable for this purpose?				c	Correlational research
	a) Experimental research	b) Descriptive research	c) Correlational research	d) Ethnographic research		
45	Which of the following would be considered primary data in a research study on the impact of diet on athletic performance?				a	Interviews with athletes
	a) Interviews with athletes	b) Previous studies on diet and performance	c) Articles about nutrition for athletes	d) Books about athletic performance		
46	Which type of reliability refers to the consistency of a measure at different points in time?				c	Test-retest reliability
	a) Inter-rater reliability	b) Internal consistency reliability	c) Test-retest reliability	d) Parallel-forms reliability		
47	A sports medicine researcher wants to investigate whether a new rehabilitation protocol for ACL injuries leads to shorter recovery times. What type of research design would be most suitable?				b	Experimental research
	a) Descriptive research	b) Experimental research	c) Case study research	d) Ethnographic research		
48	In a study examining the effects of sleep on athletic performance, some athletes are asked to sleep for 6 hours, others for 8 hours, and others for 10 hours. The different hours of sleep represent:				a	Levels of the independent variable
	a) Levels of the independent variable	b) Levels of the dependent variable	c) Different control variables	d) Different confounding variables		
49	The process of testing a measure within a small group before it is used in a larger study to identify potential issues is called:				b	Pilot testing

a) Test-retest	b) Pilot testing	c) Cross-validation	d) Item analysis		
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50	Pushing against the stationary wall is an example of				b	Isometric exercise
	a) Eccentric exercise	b) Isometric exercise	c) Isotonic exercise	d) Isokinetic exercise		
51	'Stadiometer' is used to measure				c	height
	a) strength	b) weight	c) height	d) stadium area		
52	Sit and reach test measures				b	flexibility
	a) strength	b) flexibility	c) speed	d) endurance		
53	Who invented circuit training?				a	Morgan and Adamson
	a) Morgan and Adamson	b) Aristotle	c) Herbert Spencer	d) C. A. Bucher		
54	Physical ability which enables a person to rapidly change body position & direction in a precise manner is called				d	Agility
	a) Speed	b) balance	c) Coordination	d) Agility		
55	'Round Robin' is a name given to				c	League type tournament
	a) Knock out tournament	b) Ladder tournament	c) League type tournament	d) None of the above.		
56	According to the principle of continuity, training program should be:				a	Regular
	a) regular	b) irregular	c) once a week	d) once a month		
57	Overload can be achieved by increasing what in training					

	a)intensity	b)Frequency	c)Duration	d)All of the above	d	All of the above
58	In sports training, limbering down is done :				b	After competition
	a)Before Competition	b)After competition	c)During Competition	d)Never		
59	Which of the following is not a principle of sports training				d	principle of rest
	a)Principle of specificity	b) principle of overload	c)principle of continuity	d) principle of rest		
60	When a tennis player attempt to learn golf				c	Zero Transfer of Learning
	a) Positive Transfer of Learning	b) Negative Transfer of Learning	c) Zero Transfer of Learning	d) Formal Learning		
61	The evaluation which is undertaken during the course of training is called				c	Formative evaluation
	a) Summative evaluation	b) Creative evaluation	c) Formative evaluation	d) Normative evaluation		
62	The process in which cells and organisms are able to maintain a stable balance of internal and external substances and forces is called:				b	Homeostasis
	a) Adaptation	b) Homeostasis	c) Equilibrium	d) Liposis		

	on					
63	Which is the most effective method for encouraging self learning?				c	Observation method
	a) Demonstration method	b) Lecture method	c) Observation method	d) Task method		
64	The rate of learning reaches to a limit beyond which further improvement is difficult. This stage is technically known as				c	Plateau
	a) Learning Curve	b) Transfer of Learning	c) Plateau	d) Cognitive Learning		
65	The psychomotor domain of Physical Education is concerned with				c	Motor skills
	a) Knowledge	b) Attitude	c) Motor skills	d) Values		
66	Which of the below is not a law of learning?				d	Law of Awareness
	a) Law of Readiness	b) Law of Exercise	c) Law of Effect	d) Law of Awareness		
67	Cognitive behaviour therapy used in treatment of				c	Stress
	a) Fear	b) Conflict	c) Stress	d) Fear to Failure		
68	It is the ability to determine the distance among different objects				b	Spatial Ability
	a) Rational Ability	b) Spatial Ability	c) Logical Ability	d) Relearning		

	ty					
69	Who proposed the psychoanalytic theory?				b	Sigmund Freud
	a) Coleman Griffith	b) Sigmund Freud	c) Pingala	d) Henry P. Smith		
70	The _____ surrounds bundles of muscle fibers.				A	Perimysium
	a) Perimysium	b) Epimysium	c) Endomysium	d) Myofibrils		
71	Which proprioceptor is sensitive to touch and pressure?				B	Free nerve endings
	a) Muscle spindle	b) Free nerve endings	c) Golgi tendon organ	d) Pacinian corpuscles		
72	Skeletal muscles are the target organ of the:				B	somatic nervous system
	a) autonomic	b) somatic nervous system	c) sympathetic nervous system	d) parasympathetic nervous system		
73	The difference between the oxygen required to support a given exercise intensity and the actual oxygen consumption at the start of exercise is known as the:				B	oxygen deficit
	a) EPOC	b) oxygen deficit	c) lactate threshold	d) maximum oxygen uptake		
74	Which of the following would have the least effect on the maximal anaerobic capacity of a muscle?				A	An increase in muscle glycogen concentration
	a) An increase in muscle glycogen concentration	b) An increase in muscle PCr concentration	c) An increase in muscle Na ⁺ /K ⁺ pump capacity	d) An increase in muscle buffering capacity		
75	Average diameter of ureter is				A	3mm

	a) 3mm	b) 5mm	c) 7mm	d) 9mm		
76	The main function of prostate is _____				b	Maturation of sperm cells
	a) Sperm	b) Maturation of sperm cells	c) Secretion of alkaline mucus	d) Production of glycogen		
77	Pancreas is a _____ gland.				A	Heterocrine
	a) Heterocrine	b) Endocrine	c) Exocrine	d) Hormone		
78	Heart beat initiates from _____				B	SA node
	a) Purkinjifibers	b) SA node	c) Bundle of HIS	d) Auriculoventricular node		
79	The _____ is responsible for cardiorespiratory control.				D	Cerebrum
	a) Cerebellum	b) Motorcortex	c) Brain stem	d) Cerebrum		
80	Which one of the following is not considered as an organisation?				a	Club
	a) Club	b) School	c) Association	d) Society		
81	The most suitable class formation for teaching shot put is				d	Semi Circle
	a) Single Line	b) Triangle	c) Circle	d) Semi Circle		
82	Which country is said to be pioneer in starting the Recreation movement in the world?				a	USA
	a) USA	b) England	c) China	d) Germany		
83	It is the sports competition held within the boundary of school				b	Intramural
	a) Extramural	b) Intramural	c) Exomural	d) Build up		

84	First step of Budget preparation is				c	Planning
	a) To search income	b) Estimate Expenditure	c) Planning	d) Facilities and Personal		
85	Which of the following does not come under the purview of constraint identification in sports management?				d	Social
	a) Geographical	b) Physiological	c) Economical	d) Social		
86	Which of the following is the prime objective of planning in sports?				d	All the above
	a) Entertainment	b) For physical fitness	c) Development of oneness	d) All the above		
87	When there is two opinion on one condition, this condition is called				b	Conflict
	a) Jiffy	b) Conflict	c) symmetry	d) Fright		
88	What is the formula to calculate number of matches in double league tournament?				b	$n(n-1)$
	a) $\frac{n(n-1)}{2}$	b) $n(n-1)$	c) $\frac{n(n+1)}{2}$	d) $n(n+1)$		
89	In a single knock-out tournament where 24 teams are playing, how many rounds will be played?				d	5
	a) 2	b) 3	c) 4	d) 5		
90	The height of the box or gym bench used for men in Harvard Step test is				a)	20 inches
	a) 20 inches	b) 16 inches	c) 24 inches	d) None of the above		
91	Which the following is a test for flexibility and balance?				b)	Sit and

						reach test.
	b) Sit and reach test.	c) RAST	d) T' drill test	b) Sit and reach test.		
92	Assessments of flexibility is done with the help of					
	a) Dynamometer	b) Tensometer	c) Cyber	d) Goniometry	d)	Goniometry
93	In the motor fitness test 600 metre run/walk measures _____					
	a) Speed and agility	b) Power	c) Endurance	d) All of these	c)	Endurance
94	An athlete speed or acceleration is measured by					
	a) 50 m standing start	b) 600 yard walk	c) Standing long jump	d) Modified push ups for girls	a)	50 m standing start
95	Standing board jump helps to develop ___ muscles.					
	a) Abdominal	b) Upper body	c) Lower body	d) Back	c)	Lower body
96	The test used to measure fitness of senior citizens is ____.					
	a) Borrow motor fitness test	b) Rikli and Jones fitness test	c) Harvard step test	d) General motor fitness test	b)	Rikli and Jones fitness test
97	The aim of fitness index score is to measure					

	a) Aerobic fitness	b) Heart rate	c) Running strength	d) Overall fitness and health	d)	Overall fitness and health
98	In push up the elbow should be bend at which angle				d)	90 degree
	a) 120 degree	b) 60 degree	c) 30 degree	d) 90 degree		
99	Which of the following are the components of motor				d)	All of the above
	a) Coordination	b) Balance	c) Agility	d) All of the above		
100	Name the test to determine the cardio-vascular efficiency				d)	Harvard test
	a) Bench test.	b) Margaria step test	c) Coopers test	d) Harvard test		