

**DU MPed Department of PEdu N Sports Sci**

Sr.No	Question Id	Question Description	Question Body	Options
1	613	DU_J19_MPED_Q01	The worldwide accepted definition of health is given by:	2449:World Health Organization 2450:UNESCO 2451:Red Cross 2452:Central Board of Secondary Education
2	614	DU_J19_MPED_Q02	The state of positive health implies the nation of	2453:Freedom  2454:Access to a clean environment 2455:Peace and justice for all 2456:Access to health care
3	615	DU_J19_MPED_Q03	The most appropriate definition of health services is to	2457:Take care of children  2458:Implement health technology 2459:Provide health care centers 2460:Prevent disease, illness, and death 2461:Promote health 2462:Operate health centers in rural areas
4	616	DU_J19_MPED_Q04	Vector borne communicable disease are spread through	2461:Insects 2462:Microbes





		4		2463:Wa 2464:For
5	617	DU_J19_ MPED_Q0 5	One of the major causes of non-communicable diseases is	2465:Mc 2466:Ph 2467:Ex 2468:Flie
6	618	DU_J19_ MPED_Q0 6	Physical dimension of health pertains to the	2469:Ab see ones a societv 2470:Pe the body 2471:Fe enlighter 2472:Ab over em
7	619	DU_J19_ MPED_Q0 7	The main purpose of health education is to	2473:Giv about fit  2474:Br induces i and prom  2475:Te topics in 2476:Ed populatio and hvoi
8	620	DU_J19_ MPED_Q0 8	Division of the nervous system initiates a response known as fight or flight	2477:Th nervous 2478:Th nervous  2479:Th system , 2480:Me system ,





9	621	DU_J19_MPED_Q09	The action potential relies upon the movement of which of these ions into out of the cell?	2481:Ca magnesi 2482:Iro 2483:So potassiu 2484:So magnesi
10	622	DU_J19_MPED_Q10	Oxygen delivery to exercising skeletal muscle increases due to?	2485:De output , 2486:Re blood flo 2487:De blood pr 2488:De heart rat
11	712	DU_J19_MPED_Q100	How many events will be held during 2020 Summer Olympics?	2845:33 2846:33 2847:33 2848:41
12	623	DU_J19_MPED_Q11	Along with the nervous system, which other system contrast the internal environment (Homeostasis)	2489:M 2490:En 2491:Re 2492:Dic
13	624	DU_J19_MPED_Q12	In a post exercise diet one should preferably replace with in 1 hour of exercise	2493:Fa 2494:Pro 2495:Ca 2496:Vit
14	625	DU_J19_MPED_Q13	Which of the following hormones regulate fluid balance?	2497:Ery 2498:An , 2499:An 2500:Est
15	626	DU_J19_MPED_Q14	The cardiovascular route that runs from the digestive tract to the liver is called	2501:He circulatio





		4		2502:Sy 2503:Pu 2504:Co
16	627	DU_J19_ MPED_Q1 5	The process of taking food into the digestive system is known as:	2505:Ing 2506:Pro 2507:Dig 2508:Eli
17	628	DU_J19_ MPED_Q1 6	Cellular respiration refers to.	2509:Th qases at 2510:Ox carbon d at the tis  2511:Pu , 2512:Th alveoli to at the lu
18	629	DU_J19_ MPED_Q1 7	When performing CPR you give	2513:30 and 2 slo  2514:10 and 3 slo  2515:15 and 3 slo  2516:5 c and 5 slo
19	630	DU_J19_ MPED_Q1 8	In <b>DRBACH</b> , B stands for	2517:BLE 2518:Bre 2519:Blo





20	631	DU_J19_MPED_Q19	CPR stands for	2520:Be 2521:Ch Ratio , 2522:Ca Ratio , 2523:Ca Resuscit 2524:Ca Respirati
21	632	DU_J19_MPED_Q20	You should ice a soft tissue injury for	2525:5 r occurred 2526: has occu 2527: 2 hours t  2528: ice ,
22	633	DU_J19_MPED_Q21	A substance needed by the body for growth, energy, repair, and maintenance is called a	2529:Nu 2530:Ca 2531:Ca 2532:Fa
23	634	DU_J19_MPED_Q22	Amylases in saliva begin the breakdown of carbohydrate into	2533:Fa 2534:Po 2535:An 2536:Sir
24	635	DU_J19_MPED_Q23	Food passes through the stomach to	2537:Th  2538:Th  2539:Th 2540:Th
25	636	DU_J19_MPED_Q24	All of the following are needed for strong bones	2541:Th 2542:Ca 2543:Ma





				2544:Ch
26	637	DU_J19_MPED_Q25	This mineral is essential for the healthy red blood cells and a deficiency might cause anemia	2545:Iro 2546:Ma 2547:Ioc 2548:Ch
27	638	DU_J19_MPED_Q26	The leading cause of poor health globally is	2549:Po 2550:Sm 2551:Inf 2552:Ca disease .
28	639	DU_J19_MPED_Q27	Which of the following is not related to over nutrition	2553:Ob 2554:Ty 2555:Ca disease . 2556:An
29	640	DU_J19_MPED_Q28	The major mode of HIV transmission globally is	2557:Ma 2558:Inj 2559:un 2560:ma
30	641	DU_J19_MPED_Q29	The primary objective of immunization programs is to	2561:Pre 2562:Pre 2563:Pre transmis agents . 2564:Pre
31	642	DU_J19_MPED_Q30	The most important requirement of a vaccine is	2565:Sa 2566:Ab antibody 2567:Ab immune 2568:Th infection
32	643	DU_J19_	What does the term mortality refers to?	2569:De





		MPED_Q3 1		2570: Illness 2571: Hemorrhage 2572: metabolic
33	644	DU_J19_ MPED_Q3 2	Phylloquinone, Menaquinone, Menadione and Naphthoquinone deficiency leads to	2573: Prothrombin 2574: Prothrombin coagulation 2575: Prothrombin metabolism 2576: Prothrombin
34	645	DU_J19_ MPED_Q3 3	During prolonged (90 or more minutes) exercise, the preferred energy source of skeletal muscle is	2577: Plasma 2578: Plasma 2579: Muscle 2580: Muscle
35	646	DU_J19_ MPED_Q3 4	Which of the following is true for an average healthy, normal male aged 20 years?	2581: Bone of total body 2582: Skin higher than 2583: Heart maximal 200 beats 2584: Maximal consumption ml/kg/min
36	647	DU_J19_ MPED_Q3 5	Which of the following is true regarding maximum possible metabolic rate during exercise	2585: Renal blood flow fall . 2586: Renal respiratory starts to



				2587:Re ventilatio maximur capacity 2588:Re half if th falls by h
37	648	DU_J19_ MPED_Q3 6	Which of the following is the most rapidly available source of energy within a muscle cell?	2589:Gly 2590:Ad 2591:Ph 2592:Cr
38	649	DU_J19_ MPED_Q3 7	Which of the following catabolic processes only occur in the presence of oxygen?	2593:Fat  2594:Gly 2595:Ph hydrolys 2596:Hy
39	650	DU_J19_ MPED_Q3 8	When lactate accumulate in the muscle cell, which of the following effect is observed?	2597:Inc contracti 2598:Sl reactions 2599:Inc muscle , 2600:Ac lactate d
40	651	DU_J19_ MPED_Q3 9	Lactate accumulate at the end of glycolysis, under which of the following condition	2601:If present , 2602:If is presen 2603:If dehydro  2604:If available
41	652	DU_J19_ MPED_Q4 ~	Which one of it is not the commission of International Olympics Committee?	2605:Sp Society C





		0		2606:Re 2607:Ma Commiss 2608:Pre
42	653	DU_J19_ MPED_Q4 1	Who was the first women to win the an Olympic medal?	2609:Ka 2610:Ma 2611:Si 2612:P.T
43	654	DU_J19_ MPED_Q4 2	Head quarter of International Olympic Academy is situated at	2613:Pa 2614:Lo 2615:Mo 2616:Oly
44	655	DU_J19_ MPED_Q4 3	The component of personality that is a vast reservoir of basic biological urges is the	2617:Lib 2618:Id 2619:Eg 2620:Su
45	656	DU_J19_ MPED_Q4 4	Abraham Maslow divided social motives into four specific groups, including all of the following except.	2621:Lo 2622:Est 2623:Av 2624:Se
46	657	DU_J19_ MPED_Q4 5	A neurological disorder characterized by sleep at inappropriate times is called-	2625:Ins 2626:Sle 2627:Na 2628:Hy
47	658	DU_J19_ MPED_Q4 6	EEG recording of the REM sleep is characterized by	2629:Th 2630:Alp , 2631:De 2632:Th
48	659	DU_J19_ MPED_Q4 7	Which of the following is known as relay station	2633:Ce 2634:Th



		/		2635:Hy 2636:Me
49	660	DU_J19_ MPED_Q4 8	The theory that frustration –the perception that you are being prevented from attaining a goal-increases the probability of an aggressive response	2637:Ins Aggressi 2638:Fu attributio 2639:Fru Aggressi 2640:Mi Arousal
50	661	DU_J19_ MPED_Q4 9	Uncertainty about duties and responsibilities is called	2641:We culture , 2642:Oc  2643:Ro 2644:Ro
51	662	DU_J19_ MPED_Q5 0	Which of the phenomenon of sports training is correct	2645:Su lasts for  2646:Su is perma  2647:Su is only a training r  2648:Su is only a competit
52	663	DU_J19_ MPED_Q5 1	The concept of psychological adequacy refers to	2649:An of self-et 2650:Ho people a with thei



				2651:WH mentally stand tri 2652:Th release o from a m
53	664	DU_J19_ MPED_Q5 2	Which one factor is not appropriate for effecting pace of recovery?	2653:Int 2654:Vo 2655:Lis 2656:Sle
54	665	DU_J19_ MPED_Q5 3	Who stood second in election bidding process as host city of the 2020 Olympics Games?	2657:Ma 2658:Ist 2659:To 2660:Ne
55	666	DU_J19_ MPED_Q5 4	Which one is not to be considered as appropriate causes of over load?	2661:Far method , 2662:Lif 2663:Ho 2664:He
56	667	DU_J19_ MPED_Q5 5	How many sub variables are there in Eysneck Personality questionnaire	2665:Tw 2666:Th 2667:For 2668:Fiv
57	668	DU_J19_ MPED_Q5 6	Which is not the source of elastic response of the body?	2669:Co  2670:No protein , 2671:Co 2672:Le
58	669	DU_J19_ MPED_Q5 7	The Attribution Theory incorporates cognition, and a social influence was advocated by	2673:Fri 2674:Ca 2675:Alb 2676:Ve





59	670	DU_J19_MPED_Q58	The Reversal theory of arousal is presented as	2677:Let performa arousal. 2678:Let performa high arou 2679:Let performa the athle of the ar  2680:Let low perfor
60	671	DU_J19_MPED_Q59	In 2018 Winter Olympic Games which country won the maximum medals.	2681:Ge 2682:Ca 2683:Un America 2684:No
61	672	DU_J19_MPED_Q60	Imaginary line passing laterally from one side to other is called	2685:Sa 2686:Sa 2687:Ve 2688:Lat
62	673	DU_J19_MPED_Q61	An increase in the cross section of the muscle fiber is referred as	2689:Mu 2690:Hy 2691:Mu  2692:My
63	674	DU_J19_MPED_Q62	Hypoxia refers to	2693:Ina reaching 2694:Su reaching 2695:Ina reaching





				2696:Su reaching
64	675	DU_J19_ MPED_Q6 3	The major function of the ligament in the body is to	2697:Pre dislocatio 2698:Re joints , 2699:Ac 2700:Co Moveme
65	676	DU_J19_ MPED_Q6 4	Principles of learning can be used to	2701:Far biq way 2702:Pro learning students 2703:Un and man behaviour 2704:Pro transfer-
66	677	DU_J19_ MPED_Q6 5	Which of the theories of motivation has biological orientation?	2705:Ne 2706:Dr 2707:Hu  2708:Ins
67	678	DU_J19_ MPED_Q6 6	The earliest model to explain the relationship between athletic performance and arousal is explained by:	2709:IZ 2710:Dr 2711:Inv  2712:Bio
68	679	DU_J19_ MPED_Q6 7	Which one of the following is not one of the Big Five Personality Factors?	2713:Su 2714:Ag 2715:Ex 2716:Ne
69	680	DU_J19_ MPED_Q6 ~	If a boys somatotype designation is 2-2-7 who is fifteen years of age. He could be designated as	2717:Do ,





		8		2718:Do 2719:Do , 2720:Mi
70	681	DU_J19_ MPED_Q6 9	The duration of Olympics Games shall not exceed	2721:12 2722:16 2723:14 2724:10
71	682	DU_J19_ MPED_Q7 0	Without using external force, an exercise can be made harder by increasing its	2725:Vo  2726:For 2727:Du  2728:Ve
72	683	DU_J19_ MPED_Q7 1	Which of the following pairs is incorrectly matched?	2729:Pla Develop 2730:Ma Needs , 2731:Th and Y , 2732:Sk Program
73	684	DU_J19_ MPED_Q7 2	The scheme of Restructuring and Re-organization of Teachers was approved in the year?	2733:19 2734:19 2735:19 2736:19
74	685	DU_J19_ MPED_Q7 3	You want to develop cooperation and team spirit in students? Which activities would you propose?	2737:Ar 2738:De 2739:Pro 2740:Qu
75	686	DU_J19_ MPED_Q7 4	When was the National Adult Education Programme (NAEP) launched?	2741:19 2742:19 2743:19





				2744:19
76	687	DU_J19_MPED_Q75	In athletics, starting blocks shall be used in all the following races except :	2745:First race , 2746:40 2747:80 2748:First
77	688	DU_J19_MPED_Q76	In Tennis, if the ball gets broken during play then :	2749:A player awarded player/ten 2750:The replayed 2751:A player awarded 2752:A player awarded awarded
78	689	DU_J19_MPED_Q77	In Badminton, if a service court error is discovered the error shall be corrected and :	2753:The shall start 2754:Points to receive 2755:A player awarded 2756:The change
79	690	DU_J19_MPED_Q78	How many different Asana does Surya Namaskar comprises of?	2757:6 , 2758:8 , 2759:10 2760:12
80	691	DU_J19_MPED_Q79	The measurement of the circle at the mid-point of halfway line of Football field is :	2761:9.1 2762:9.1 2763:9.2 2764:10
81	692	DU_J19_MPED_Q80	How many lanes are used for finals in an Olympic/world level swimming competition?	2765:6 , 2766:7 , 2767:8 ,





82	693	DU_J19_MPED_Q8 1	2018 Asian Games was held at :	2768:10 2769:Ind 2770:Th 2771:Sir 2772:Ma
83	694	DU_J19_MPED_Q8 2	The award given for outstanding performance in sports is:	2773:Bh 2774:Pa  2775:Arj 2776:Dr
84	695	DU_J19_MPED_Q8 3	Hockey India League started in the year -	2777:20 2778:20 2779:20 2780:20
85	696	DU_J19_MPED_Q8 4	Which one of the following countries has failed to qualify for the first time in 60 years for the FIFA World Cup held in Russia in the year 2018?	2781:Me 2782:Ira 2783:Sa 2784:Ita
86	697	DU_J19_MPED_Q8 5	Weight Lifters have large percentage of which type of Muscle Fibers :	2785:Ult 2786:Slc 2787:Fa 2788:Me
87	698	DU_J19_MPED_Q8 6	Which Statement is incorrect about Anatomy of Heart	2789:Th located a  2790:Th to the Ve 2791:Th thicker n







				2792:Th sulcus m between ventricle
88	699	DU_J19_ MPED_Q8 7	Activity lasting more than 10 Sec, the fuel that muscle use is	2793:Gly  2794:AT 2795:Fat 2796:AD
89	700	DU_J19_ MPED_Q8 8	Within Skeletal muscle fiber, large amount of calcium are stored in the :	2797:Mit 2798:Nu 2799:Sa reticulun 2800:My
90	701	DU_J19_ MPED_Q8 9	The Immediate source of energy for muscle contraction is	2801:Ph 2802:Ad Triphosp 2803:Glu 2804:Ca
91	702	DU_J19_ MPED_Q9 0	Which system is responsible for Muscle contraction :	2805:Ne 2806:Cir  2807:Dig 2808:En
92	703	DU_J19_ MPED_Q9 1	Cardiac output Q is the sum of :	2809:Q : 2810:Q : 2811:Q : 2812:Q :
93	704	DU_J19_ MPED_Q9 2	Which one from the list below is not the Element of Sports Conditioning :	2813:En preventi 2814:Sp explosive 2815:Inj





94	705	DU_J19_MPED_Q93	Which of the following muscle groups is a prime mover for extension of the knee :	2816:Co 2817:Ga 2818:So 2819:Qu 2820:Bi
95	706	DU_J19_MPED_Q94	Low body fat, long limb and lightly muscle is an attribute of which body Type?	2821:En 2822:Ec 2823:Mu 2824:Me
96	707	DU_J19_MPED_Q95	Sprain possibly Occurs in :	2825:Lig 2826:Te 2827:Bo 2828:Mu
97	708	DU_J19_MPED_Q96	Before Exercise as an source of energy which is majorly consumed :	2829:Ca 2830:Fa 2831:Pro 2832:BC
98	709	DU_J19_MPED_Q97	The amount of air left in the lungs following a maximal exhalation is called :	2833:Ex volume , 2834:Ins volume , 2835:Vit 2836:Re
99	710	DU_J19_MPED_Q98	How many number of nations participated in 2016 Summer Olympic at Rio de Janeiro, Brazil?	2837:20 2838:20 2839:20 2840:20
100	711	DU_J19_MPED_Q99	The Big Five Model of Personality involves :	2841:Op Conscious Agreeabl ,



				2842:Op Conscien Extraver Agreeabl
				2843:Op Conscien Psychoti Agreeabl
				2844:Op Conscien Extrover Angerne