

FINAL ANSWER KEY

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Question1:-Draft of Indian Constitution submitted to the Constituent Assembly on

- A:-1950 January 26
 - B:-1949 November 26
 - C:-1947 August 15
 - D:-1947 November 4
- Correct Answer:- Option-D

Question2:-Madras Marumakkatayam Act passed in the year

- A:-1933
 - B:-1921
 - C:-1935
 - D:-1942
- Correct Answer:- Option-A

Question3:-Who is the founder of Atma Vidya Sangam ?

- A:-Sree Narayana Guru
 - B:-Swami Vagbhadananda
 - C:-Brahmananda Sivayogi
 - D:-Dr. Palpu
- Correct Answer:- Option-B

Question4:-The Jesuit Missionaries had arrived in Kerala during the time of

- A:-French
 - B:-English
 - C:-Dutch
 - D:-Portugues
- Correct Answer:- Option-C

Question5:-Which part of Constitution known as Magna Karta of India ?

- A:-Part I
 - B:-Part II
 - C:-Part III
 - D:-Part IV
- Correct Answer:- Option-C

Question6:-Sree Narayana Trust was formed by _____ in 1952.

- A:-R Sankar
 - B:-Kumaranasan
 - C:-K Kelappan
 - D:-Pattam Tanupillai
- Correct Answer:- Option-A

Question7:-Name of the biographer of Indira Gandhi

- A:-Marry C-Carras
 - B:-Menaka Gandhi
 - C:-Vincent Cronin
 - D:-Virginia Spencer Carr
- Correct Answer:- Option-A

Question8:-Ghandiji visited Calicut along with Moulana Shoukath on

- A:-1920 August 18
 - B:-1920 April 18
 - C:-1921 November 10
 - D:-1921 December 21
- Correct Answer:- Option-A

Question9:-Who was the editor and publisher of the daily Al Ameen ?

A:-Vakkom Abdul Khadar Moulavi
B:-Ali Musliyar
C:-Muhammed Abdu Rahman
D:-Ramakrishna Pillai
Correct Answer:- Option-C

Question10:-Who is the first women judge in India ?

A:-Akkama Cheriyan
B:-Justice Fathima Beevi
C:-Justice D. Sreedevi
D:-Anna Chandi
Correct Answer:- Option-D

Question11:-Who was appointed to enquire in to the outbreak of Mappilas of Malabar in 1855 ?

A:-William Logan
B:-H.T. Baber
C:-Mr. Strange
D:-A.R. Knap
Correct Answer:- Option-C

Question12:-British authorities deported Mappila rebels in to _____ in Australia.

A:-Botany Bay
B:-Adelaide
C:-Darwin
D:-Melbourn
Correct Answer:- Option-A

Question13:-The Magazine 'Araya streejana Masika' published by

A:-Dr. Velukutty Arayan
B:-Arya Pallam
C:-Sahodaray Ayyapan
D:-Kuttimalu Amma
Correct Answer:- Option-A

Question14:-The earlier name of Nair Service Society

A:-Nayar Praja Sangam
B:-Nayar Bhrutya Jana Sangam
C:-Atma Vidya Sangam
D:-Jnanodayam Sabha
Correct Answer:- Option-B

Question15:-Who was the first editor of 'Bhashaposhini' ?

A:-Arnos Pathiri
B:-Mamman Mappila
C:-Kumaranasan
D:-Kandathil Varghees Mappila
Correct Answer:- Option-D

Question16:-Who started the Newspaper 'Madras Standard' ?

A:-Dr. Palpu
B:-Dr. Velukutty Arayan
C:-Ayyankali
D:-G.P. Pillai
Correct Answer:- Option-D

Question17:-'Marakudakullile Mahanarakam' is the play of

A:-V.t. Bhatatirippadu
B:-Chattambi Swamikal
C:-M.R. Bhatatirippadu
D:-P. Kesavadev
Correct Answer:- Option-C

Question18:-Who elected as the secretary of KPCC in 1938 ?

A:-E.M.S. Namboodirippad
B:-R. Sankar
C:-K. Kelappan
D:-A.K. Gopalan
Correct Answer:- Option-A

Question19:-Samyukta Rashtreeya Samithi was related with

- A:-Nivarthana Agitation
 - B:-Malayalee Memorial
 - C:-Travancor State Congress
 - D:-Aikya Kerala Movement
- Correct Answer:- Option-A

Question20:-Which Indian Cricketer has launched his autobiography "Imperfect" ?

- A:-Dilip Vengsarkar
 - B:-Sanjay Manjrekar
 - C:-Rahul Dravid
 - D:-Saurav Ganguli
- Correct Answer:- Option-B

Question21:-The most rapid method to resynthesise ATP during exercise is through

- A:-ATP-CP System
 - B:-Kreb Cycle
 - C:-Lactic acid system
 - D:-Electron transport chain
- Correct Answer:- Option-A

Question22:-The powerhouse of the cell where ATP production takes place

- A:-Cytoplasm
 - B:-Nucleus
 - C:-Ribosome
 - D:-Mitochondria
- Correct Answer:- Option-D

Question23:-The factor that can increase the metabolic rate the most

- A:-Gender
 - B:-Exercise
 - C:-Climate
 - D:-Genetics
- Correct Answer:- Option-B

Question24:-Component of carbohydrate loading include

- A:-high intake of protein
 - B:-high intake of carbohydrate
 - C:-Rest
 - D:-Both 2 & 3
- Correct Answer:- Option-D

Question25:-Nuts are

- A:-high in fat
 - B:-high in carbohydrate
 - C:-high protein
 - D:-Both 1 & 3
- Correct Answer:- Option-D

Question26:-Functions of vitamins include all the following except

- A:-antioxidant
 - B:-hormone
 - C:-energy
 - D:-coenzyme
- Correct Answer:- Option-C

Question27:-Muscle cramps are caused by

- A:-dehydration
 - B:-deficiency of magnesium
 - C:-excessive calcium intake
 - D:-both 1 & 2
- Correct Answer:- Option-D

Question28:-The female athlete triad includes the following conditions

- A:-amenorrhea
- B:-disordered eating
- C:-osteoporosis
- D:-all of the above

Correct Answer:- Option-D

Question29:-The most serious heat illness, which can be fatal

- A:-heat exhaustion
- B:-heat syncope
- C:-heat stroke
- D:-heat cramps

Correct Answer:- Option-C

Question30:-The minimum systolic and diastolic blood pressure is

- A:-100 mmHg and 60 mmHg
- B:-120 mmHg and 80 mmHg
- C:-116 mmHg and 80 mmHg
- D:-110 mmHg and 70 mmHg

Correct Answer:-**Question Cancelled**

Question31:-The number of calories in a gram of carbohydrate, protein and fat is

- A:-4,4,9
- B:-4,9,4
- C:-9,4,4
- D:-4,5,4

Correct Answer:- Option-A

Question32:-RPE is

- A:-Required Physical Education
- B:-Recommended Prescription Exercise
- C:-Resting Programme Energy
- D:-Rating of Perceived Exertion

Correct Answer:- Option-D

Question33:-Use of anabolic steroid may include all the following except

- A:-increased muscle mass
- B:-heart protective
- C:-masculinization in women
- D:-increase in aggressive behavior

Correct Answer:- Option-B

Question34:-Cardiovascular adaptations to endurance training include

- A:-lower resting heart rate
- B:-increase in size of the heart
- C:-increased stroke volume
- D:-all of the above

Correct Answer:- Option-D

Question35:-Which of the following promotes glucose uptake by the muscles ?

- A:-glucagon
- B:-cortisol
- C:-insulin
- D:-adrenaline

Correct Answer:- Option-C

Question36:-The cause of fatigue for long distance runners is

- A:-muscle glycogen depletion
- B:-lactic acid accumulation
- C:-rise in hydrogen ions
- D:-dehydration

Correct Answer:- Option-A

Question37:- $\dot{V}O_2$ MAX is the product of

- A:-cardiac output \times arteriovenous oxygen difference
- B:-cardiac output \times stroke volume
- C:-cardiac output \times tidal volume
- D:-stroke volume \times heart rate

Correct Answer:- Option-A

Question38:-The two contractile proteins in skeletal muscle are

- A:-Troponin and tropomyosin
- B:-Actin and tropomyosin
- C:-Actin and myosin

D:-Troponin and myosin

Correct Answer:- Option-C

Question39:-The Respiratory Exchange Ratio (RER) is the ratio of

A:-Volume of oxygen consumed ÷ vital capacity

B:-Volume of oxygen consumed ÷ volume of carbon dioxide produced

C:-Volume of oxygen produced ÷ volume of carbon dioxide consume

D:-Volume of carbon dioxide produced ÷ volume of oxygen consumed

Correct Answer:- Option-D

Question40:-In which of the following track events will the 50% of ATP be derived from aerobic pathways and 50% from anaerobic pathways ?

A:-800 meters

B:-200 meters

C:-400 meters

D:-1500 meters

Correct Answer:- Option-A

Question41:-_____ is a hinge joint.

A:-hip

B:-shoulder

C:-knee

D:-wrist

Correct Answer:- Option-C

Question42:-An individual with wide hips and narrow shoulders characterized by fatness

A:-Mesomorph

B:-Endomorph

C:-Ectomorph

D:-Somotatype

Correct Answer:- Option-B

Question43:-Which of the following is not a measure of variability ?

A:-variance

B:-standard deviation

C:-median

D:-range

Correct Answer:- Option-C

Question44:-What is the diagnostic indicator of hyponatremia ?

A:-high core temperature

B:-muscle cramps

C:-dehydration

D:-low blood sodium

Correct Answer:- Option-D

Question45:-The kinetic chain is defined as the interrelation of the _____ systems.

A:-facial and muscular

B:-nervous, muscular and skeletal

C:-ligaments and tendons

D:-muscles and joints

Correct Answer:- Option-B

Question46:-Which of the following types of strength training is particularly associated with subsequent muscle soreness ?

A:-concentric

B:-isotonic

C:-eccentric

D:-isometric

Correct Answer:- Option-C

Question47:-Which statements describe the principle of stability ?

A:-the higher the center of gravity to the base of support greater stability

B:-the nearer the center of gravity to the edges of the base of support, greater gravity

C:-the narrower the base of support, the stable the body

D:-the wider the base of support the more stable the body is

Correct Answer:- Option-D

Question48:-Which of the following activities canbe classified as open skill ?

A:-badminton

- B:-tennis
- C:-swimming
- D:-handball

Correct Answer:- Option-D

Question49:-The following relationship can be predicted by Inverted-U Model

- A:-arousal and hormone
- B:-arousal and performance
- C:-arousal and heart rate
- D:-arousal and emotion

Correct Answer:- Option-B

Question50:-Muscle hypertrophy in human is primarily due to

- A:-increase in size of muscle fibers
- B:-increase in nervous recruitment
- C:-increase in number of muscle fibers
- D:-increase in calcium release

Correct Answer:- Option-A

Question51:-With regard to PNF (Peripheral Neuromuscular Facilitation) stretching it is true that

- A:-typically involves an isometric contraction of the muscle before it is stretched
- B:-as muscle is stretched its antagonist contract
- C:-effective in increasing maximum tolerable muscle tendon unit length
- D:-all of the above

Correct Answer:- Option-D

Question52:-The advantages of using the circuit over straight system in weight training is that the circuit system

- A:-provides twice the training stimulus for increased strength
- B:-shorter rest period between sets, thus shortens training session
- C:-prevent muscle glycogen depletion
- D:-exercise variety of muscle groups

Correct Answer:- Option-B

Question53:-In this method the muscles are first made to stretch against resistance before contracting them maximally

- A:-concentric method
- B:-eccentric method
- C:-reactive method
- D:-resistance method

Correct Answer:- Option-C

Question54:-The last micro cycle of a meso cycle primarily aims at

- A:-recovery and relaxation
- B:-increased strength
- C:-learning of technical skill
- D:-increased endurance

Correct Answer:- Option-A

Question55:-Is not a factor determining speed ?

- A:-explosive strength
- B:-technique
- C:-speed of movement
- D:-mobility of the nervous system

Correct Answer:- Option-C

Question56:-The third phase of preparatory period in periodization is characterized by

- A:-Decrease in training volume
- B:-Decrease in training intensity
- C:-Decrease in number of competitions
- D:-Increase in the volume of general exercise

Correct Answer:- Option-A

Question57:-Is not an item in Barrow motor ability test ?

- A:-standing broad jump
- B:-curl up
- C:-zig zag run
- D:-medicine ball throw

Correct Answer:- Option-B

Question58:-Is not JCR test item ?

A:-vertical jump test

B:-shuttle run

C:-curl up

D:-chin up

Correct Answer:- Option-C

Question59:-Approximately what percentage of scores fall within one standard deviation of the mean in a normal distribution ?

A:-50%

B:-68%

C:-75%

D:-30%

Correct Answer:- Option-B

Question60:-The denominator (bottom) of the Z score formula is

A:-raw score

B:-raw score minus mean

C:-mean

D:-standard deviation

Correct Answer:- Option-D

Question61:-Unconscious, disorientation and memory loss following a blow to the head are all symptoms of

A:-cramps

B:-contusion

C:-concussion

D:-stroke

Correct Answer:- Option-C

Question62:-Sprain may be defined as

A:-ligament damage at a joint

B:-tear of muscle

C:-tear of tendon

D:-swelling in the joint

Correct Answer:- Option-A

Question63:-Explain the acronym ABC used during the first aid procedure

A:-Airway, Breathing, Cardiac

B:-Assessment, Breathing, Circulation

C:-Airway, Body check, Cardiac

D:-Airway, Breathing, Circulation

Correct Answer:- Option-D

Question64:-State the key action in stopping any bleeding

A:-elevation

B:-pressure

C:-ice application

D:-cleaning

Correct Answer:- Option-B

Question65:-Identify which of the following term does not describe a wound ?

A:-puncture

B:-contused

C:-infused

D:-incised

Correct Answer:- Option-C

Question66:-Most human movement takes place in

A:-the sagittal plane

B:-the frontal plane

C:-the transverse planes

D:-multiple planes

Correct Answer:- Option-D

Question67:-Which of the following is an example of linear motion ?

A:-the path of baseball while it is in the air

B:-a child performing a cartwheel

C:-a runners leg motion during a 100 meters race

D:-swinging around a high bar

Correct Answer:-**Question Cancelled**

Question68:-The branch of mechanics that describes the cause of force is

- A:-kinetics
- B:-biomechanics
- C:-kinematics
- D:-kinesiology

Correct Answer:- Option-A

Question69:-Which of the following is the characteristic of torque ?

- A:-it is a vector quantity
- B:-it is characterized by magnitude
- C:-it is characterized by direction
- D:-all of the above

Correct Answer:- Option-D

Question70:-The Resistance Arm (RA) will always be longer than the Force Arm (FA) in what class lever ?

- A:-first class
- B:-second class
- C:-third class
- D:-none of the above

Correct Answer:- Option-C

Question71:-In analyzing the human body as a projectile, which of the following quantities follow a parabolic path ?

- A:-the center of mass
- B:-the center of volume
- C:-the naval
- D:-this varies with individual performance

Correct Answer:- Option-A

Question72:-The proposed advantage of nautilus resistance equipment over free weights

- A:-resistance varies throughout the range of motion with free weights
- B:-resistance varies over the range of motion with nautilus resistance equipment
- C:-the equipment is safe to perform
- D:-it's a whole body workout

Correct Answer:- Option-B

Question73:-Stress fractures result from which of the following types of loading ?

- A:-repetitive loading
- B:-acute loading
- C:-mechanical loading
- D:-both 1 & 2

Correct Answer:- Option-A

Question74:-Which of the following is true regarding electromyography ?

- A:-records heart rate
- B:-treats muscle injury with electrical impulses
- C:-measures electrical activity produced by muscles
- D:-records sound waves

Correct Answer:- Option-C

Question75:-Inertia is directly proportional to which quantity ?

- A:-momentum
- B:-acceleration
- C:-force
- D:-mass

Correct Answer:- Option-D

Question76:-Attention refers to

- A:-a perceptual skill to focus selectively on task relevant information while ignoring distractions
- B:-the ability to focus effectively on the task at hand while ignoring distractions
- C:-the ability to divide attention between two or more tasks at the same time
- D:-the process of exerting mental effort on specific features of the environment or on certain thoughts or activities

Correct Answer:- Option-B

Question77:-Choking can be defined as

- A:-performance increase in friendly competitions
- B:-performance increment under stress
- C:-performance decrement under pressure situations

D:-performance increment under pressure situations

Correct Answer:- Option-C

Question78:-The outcome of coaching efficacy are

A:-coaching experience, prior performance, perceived ability of athlete and social support

B:-coaching behaviour, athlete satisfaction, athlete performance and athlete self efficacy

C:-commitment, mastery experience, luck and technique

D:-game strategy, motivation, technique, character building

Correct Answer:- Option-B

Question79:-Motivation is a process that is reflected in the

A:-initiation, direction and continuation of goal directed behaviour

B:-initiation and continuation of goal directed behaviour

C:-initiation, direction and magnitude of goal directed behaviour

D:-initiation, direction, magnitude and continuation of goal directed behaviour

Correct Answer:- Option-D

Question80:-Personality can be defined as

A:-psychological qualities that contribute to an individual's enduring and distinctive patterns of thinking

B:-psychological qualities that contribute to an individual's enduring and distinctive patterns of behaving

C:-psychological qualities that contribute to an individual's enduring and distinctive patterns of feeling, thinking and behaving

D:-psychological qualities that contribute to an individual's enduring and distinctive patterns of feeling

Correct Answer:- Option-C

Question81:-In what order do managers typically perform the managerial functions ?

A:-organising, planning, controlling, leading

B:-planning, organising, leading, controlling

C:-organising, leading, planning, controlling

D:-planning, organising, controlling, leading

Correct Answer:- Option-B

Question82:-What are the three interpersonal roles of a manager ?

A:-figurehead, leader, liaison

B:-spokesperson, leader, coordinator

C:-director, coordinator, disseminator

D:-communicator, organiser, spokesperson

Correct Answer:- Option-A

Question83:-Which one is not a recognised key skill of management ?

A:-conceptual skills

B:-human skills

C:-writing skills

D:-technical skills

Correct Answer:- Option-C

Question84:-What does the acronym SMART stand for ?

A:-Suitable, Measureable, Actionable, Rewarded and Timely

B:-Specific, Measureable, Actionable, Resourced and Timely

C:-Standardised, Measureable, Achievable, Rewarded and Timely

D:-Specific, Measureable, Achievable, Rewarded and Timely

Correct Answer:-**Question Cancelled**

Question85:-To what does authority refer

A:-the ability to organise people

B:-the power to command and direct

C:-the need for order

D:-the right to change jobs

Correct Answer:- Option-B

Question86:-What do you call a style of leadership that takes account of others views, opinions and ideas ?

A:-laissez faire

B:-people oriented

C:-democratic

D:-autocratic

Correct Answer:- Option-C

Question87:-Which of the following are key components of total quality management system ?

A:-individual responsibility, incremental improvement, use of raw data

- B:-collective responsibility, continual improvement, use of raw data
 - C:-group responsibility, staged improvement, knowledge
 - D:-involves everyone, continual improvement, use of data and knowledge
- Correct Answer:- Option-D

Question88:-What is the first step in control process ?

- A:-select a strategy
- B:-choose key personnel for the task
- C:-set standards
- D:-allocate resources

Correct Answer:- Option-C

Question89:-In an experimental design the dependent variable is

- A:-the one that is not manipulated in which any changes are observed
- B:-the one that is manipulated in order to observe any effects on the other
- C:-what stay same throughout the experiment
- D:-whose change is not effected by any other variable

Correct Answer:- Option-A

Question90:-Internal validity refers to

- A:-whether or not there is really a causal relationship between two variables
- B:-whether or not the findings are relevant to the participants everyday life
- C:-the degree to which researcher feels that it is a worthwhile project
- D:-how accurately measurements represent underlying concepts

Correct Answer:- Option-A

Question91:-What is a research design ?

- A:-a way of conducting research that is not grounded in theory
- B:-the choice between using qualitative and quantitative methods
- C:-the style in which research findings are presented
- D:-a framework for every stage of data collection and analysis of data

Correct Answer:- Option-D

Question92:-Reviewing the relevant literature is to know

- A:-what is already known about the topic
- B:-what concepts and theories have been applied to the topic
- C:-who are the key contributors to the topic
- D:-all of the above

Correct Answer:- Option-D

Question93:-Tennis elbow is a type of

- A:-repetitive strain injury
- B:-sprain
- C:-muscle injury
- D:-impact injury

Correct Answer:- Option-A

Question94:-CPR is

- A:-Circulatory Pulmonary Respiration
- B:-Cerebral Pulmonary Resuscitation
- C:-Cardio Pulmonary Resuscitation
- D:-Cardiac Pressure Recuperation

Correct Answer:- Option-C

Question95:-The instrument of measure blood pressure

- A:-sphygmomanometer
- B:-spirometer
- C:-dynamometer
- D:-stethoscope

Correct Answer:- Option-A

Question96:-In a single knockout fixture of 17 teams the total number of matches and byes will be

- A:-15 matches and 16 byes
- B:-16 matches and 15 bytes
- C:-14 matches and 13 bytes
- D:-15 matches and 14 bytes

Correct Answer:- Option-B

Question97:-Excessive outward curvature of spine, causing a hunching of the back is

A:-lordosis

B:-scoliosis

C:-kyphosis

D:-spondylosis

Correct Answer:- Option-C

Question98:-SPSS is the abbreviation of

A:-Sports Persons Special Salary

B:-Sport Psychology and Sport Sociology

C:-Statistical Package for Social Sciences

D:-Statistical Power of Sports Science

Correct Answer:- Option-C

Question99:-According to five factor model extraversion as a personality type is characterized by what type of people ?

A:-calm and self confident

B:-assertive and sociable

C:-sensitive and anxious

D:-being within oneself

Correct Answer:- Option-B

Question100:-Is not an item of Kraus Weber muscular strength test ?

A:-floor touch test

B:-strength of lower back muscles

C:-strength of abdominal and psoas muscles

D:-strength of gluetal and hamstring muscles

Correct Answer:- Option-D