



VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM
(Deemed to be University under section 3 of the UGC Act 1956)

Ph.D Entrance Test – November – 2025

Faculty of Physical Education

Instructions / Note:

1. Answer all the questions. Each question carries one mark.
2. No negative marks for wrong answers.
3. Read each question carefully and answer in the OMR sheet provided for each question with only blue/ black pen to fill the circles in the OMR Sheet.
4. Question number 1 - 35 questions belong to Research Methodology component and Question number 36-70 questions belong to the subject at PG level
5. Return the question paper along with the OMR sheet.

36. The ancient Olympics were held in the honor of _____
- A. Jesus Harkios
 - B. Hera
 - C. God Zeus
 - D. Theodosius I
37. By what other name health related fitness best known _____
- A. Aerobic fitness
 - B. Cardio vascular fitness
 - C. General fitness
 - D. Motor fitness
38. Strength is the basis of all movements which involve _____
- A. Nerves
 - B. Muscles
 - C. Bones
 - D. Joints
39. _____ is base for Physical Education
- A. Throwing
 - B. Running
 - C. Good Sleeping
 - D. Movement



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40. Hydrotherapy also refer to the treatments as _____
- A. Aquatic therapy
 - B. Water therapy
 - C. Hydropathy
 - D. All of the above
41. Alignometer is used to measure _____
- A. Size
 - B. Strength
 - C. Posture
 - D. Weight
42. Shin Splint occurs in _____
- A. Upper leg
 - B. Lower leg
 - C. Abdomen
 - D. Back
43. Stress fracture is common among _____
- A. Dancers and athletes
 - B. Factory workers
 - C. Women
 - D. General population
44. Full form of CPR is _____
- A. Cardiopulmonary Rehabilitation
 - B. Cardiopulmonary Retention
 - C. Cardiopulmonary Resuscitation
 - D. None of the above
45. The amount of blood ejected or pumped out from left ventricle of the heart in one maximal contraction _____
- A. Cardiac output
 - B. Stroke volume
 - C. A-V O₂ diff
 - D. Ventilation perfusion ratio
46. Kerbs cycle is also known as _____
- A. Citric acid cycle
 - B. Tricarboxylic cycle
 - C. Both A&B
 - D. None



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47. In Basketball court, the Three point field goal line _____ from end line.
A. 6.20m
B. 6.25m
C. 6.50m
D. 6.80m
48. In Table Tennis, Diameter of a ball is _____
A. 20mm
B. 25 mm
C. 30mm
D. 40 mm
49. In Cricket, Weight of the Ball _____
A. 5 1/2 ounces to 5 3/4 ounces
B. 155.9g, to /163g
C. Both A & B
D. 165 g
50. In Athletics, ____ has authority to remove any Official who is not abiding by the Rules.
A. Manger
B. Competition Director
C. Track Referee
D. Technical Manager
51. The ball is not dead when _____
A. A bats man is out
B. It strikes an umpire
C. It reaches or pitches over the boundary
D. The umpire calls 'over' or time
52. In Football, Radius of quarter circle is _____
A. 1 Meter
B. 1 Yard
C. Both A& B
D. None
53. Weight of Handball used for Men game is _____
A. 425-475g
B. 400-475g
C. 425 – 500g
D. 430 to 725 g



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54. _____ is the largest gland in the body
- A. Kidney
 - B. Heart
 - C. Liver
 - D. Intestine
55. Which of the following is called the Master Gland _____
- A. Pituitary
 - B. Hypothalamus
 - C. Thyroid
 - D. All of the above
56. _____ is the rate of change of position of a body in a given direction.
- A. Speed
 - B. Acceleration
 - C. Velocity
 - D. Deceleration
57. For elite jumpers the length of the run up in long jump is _____
- A. Men 20-25 mts Women 30-45 mts
 - B. Men 35-45 mts Women 30-35 mts
 - C. Men 40-45 mts Women 35-40 mts
 - D. Men 35-40 mts Women 35-40 mts
58. The winter Olympic Games were first introduced in the year _____.
- A. 1920
 - B. 1924
 - C. 1930
 - D. 1936
59. Tendonitis is the _____
- A. Inflammation of tendon
 - B. Tearing of tendon
 - C. Strain
 - D. Muscle pull
60. The Kraus-Weber Tests of Minimum muscular Fitness consists of _____ items.
- A. Four
 - B. Five
 - C. Six
 - D. Seven



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61. _____ is referred the “father of idealism”.
- A. Aristotle
 - B. Plato
 - C. Shakespeare
 - D. None
62. Weight of Handball used for Men game is _____
- A. 425-475g
 - B. 400-475g
 - C. 425 – 500g
 - D. 430 to 725 g
63. Sports Training is a process of preparation of sportsman, based on scientific and _____ principles for higher performance”
- A. Physiological
 - B. Psychological
 - C. Logical
 - D. Pedagogical
64. The duration of Meso cycle is _____.
- A. 3 to 12 months
 - B. 3 to 6 weeks
 - C. 5 to 10 days
 - D. All
65. _____ is the motor procedure for tackling a motor task and the sports performance depends on it.
- A. Coaching
 - B. Technique
 - C. Tactics
 - D. Strategy
66. The best season for doing Fartlek Training is _____
- A. Preparatory
 - B. Off season
 - C. Transitional
 - D. Competition
67. Posture is an index of an individual's _____
- A. Health
 - B. Fitness
 - C. Personality
 - D. Character



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68. The duration of the macro cycle is _____
- A. More than 3 months
 - B. One week
 - C. 3 - 6 weeks
 - D. 3 days
69. The fastest period of growth in human beings is _____
- A. Puberty
 - B. Childhood
 - C. Adolescence
 - D. Infancy
70. The control of sports development in the country is _____
- A. Ministry of Youth Affairs & Sports
 - B. Indian Olympic Association
 - C. School Education Boards
 - D. National Sports Federation

