



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education

Paper: I (Sports Management and Planning Sports Facilities)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

Attempt this Paper on this Question Sheet only.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

.....
Signature of Supdt.:

Q.1. Choose the correct answer. Cutting and overwriting is not allowed (8x2=16 + 1 = 17)

1. A manager with good _____ can make the work place more pleasant?
(a) Communication (b) Knowledge (c) Experience (d) Interpersonal skills
2. Policies are sometimes defined as a:
(a) Shortcut for thinking (b) Action Planning (c) Substitute for strategy (d) Substitute for management authority
3. Event Management involves satisfying the needs of:
(a) Participants (b) Sponsors (c) Spectators (d) players and organization (e) All of these
4. SWOT Analysis consists of Identifying:
(a) System (b) Workforce (c) operation (d) targets (e) All of them (f) none of these
5. Reverse planning of an event can be accomplished through
(a) Review meetings (b) Meta-Analysis (c) Gannt chart (d) reverse decision making
6. PC-1 is the abbreviation of:
(a) Private commission (b) Public commission (c) Planning commission (d) all of them
7. Event Management involves satisfying the needs of:
(a) Participants (b) Sponsors (c) Spectators (d) players and organization (e) All of these
8. Innovation brings
(a) A new ideas to technology (b) New Methods (c) New production & services (d) all of these
9. In Public sector projects the construction costs are released by:
(a) Govt Finance department (b) Govt Public department (c) Govt Planning department (d) all of these.



UNIVERSITY OF THE PUNJAB
M.A./M.Sc. Part – I Annual Examination – 2022

Roll No.

Subject: Sport Science & Physical Education

Paper: I (Sports Management and Planning Sports Facilities)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

Q. 2. Define the following terms:-

(a) Functional plan (b) Administration (c) Staffing (d) Organization (e) Manager

Q. 3. Explain in detail the tournament structure of Pakistan Volleyball Federation (PVF)?

Q. 4. Describe in detail with suitable examples? How these points are important in sports?

(a) Job description (b) Job induction (c) On job training

Q. 5. Explain in detailed how fund raising, budgeting and accounts effect the sports event management?

Q. 6. Describe how bidding effected on sports events? Also explain it with best examples?

Q. 7. Write a detailed note on role and responsibilities of physical educators in sports?

Q. 8. Write 10 points how planning commission is important in sports?

Q. 9. Why we used artificial surfaces in sports? Also write down types of artificial surfaces?



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education

Paper: II (Sports Nutrition)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

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Q.1. Choose the correct answer. Cutting and overwriting is not allowed (17x1=17)

1. Which macro mineral help in hydro balance in the body
a) Calcium b) Potassium c) Sodium d) Phosphorus
2. Deficiency of calcium results in
a) Anemia b) Night Blindness c) Rickets d) None of these
3. Which of the following is a micro nutrient?
a) Carbohydrate b) Fats c) Water d) Vitamins
4. Which mineral helps iron in formation of Hemoglobin
a) Copper b) Chromium c) Cobalt d) Potassium
5. Which two readings are needed to calculate Body Mass Index of a person?
a) Age & Weight b) Weight & Height c) Age & Height d) None of these
6. Which Vitamin helps in clotting blood
a) Vitamin C b) Vitamin D c) Vitamin K d) Vitamin E
7. Which mineral is needed by the body in micro quantities only?
a) Potassium b) Zinc c) Sodium d) Phosphorus
8. Which of the following do not have nutritive properties?
~~a) Carbohydrate~~ b) ~~Fats~~ c) ~~Water~~ d) Protein
9. Which one of the following is not a macro nutrient?
a) Fats b) Carbohydrate c) Roughage d) Protein
10. The main source of Protein is
a) Fish, Meat, Eggs b) Green Vegetables c) Wheat & Rice d) Sunlight & Water
11. Deficiency of which Vitamin causes night blindness
a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin D
12. Which of these nutrients is the preferred energy source for the body?
a) Complex Vitamin b) Carbohydrate c) Fats d) Fibers
13. Which among the following vitamins is not Fat soluble?
a) Vitamin B b) Vitamin A c) Vitamin C d) Vitamin
14. Which one the following nutrient is needed for a healthy immune system
a) Vitamin K b) Fiber c) Vitamin C d) Vitamin B
15. In case of muscle fatigue, which of the following Vitamin should be taken?
a) Vitamin A b) Vitamin D c) Vitamin E d) Vitamin K
16. Which Vitamin in large amount harms the bones
a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin D
17. Which diet element should be increased from its normal value in the diet of body builders?
a) Minerals b) Carbohydrate c) Protein d) Fats



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Roll No.

Subject: Sport Science & Physical Education

Paper: II (Sports Nutrition)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

2. Define Balance diet and describe the constituents of balance diet in detail. 3+9
3. Define Protein and describe sources, metabolism and functions of protein in detail. 3+9
4. Explain the importance of Gastric emptying and describe factors influencing G.E.R. 5+7
5. Define dehydration and describe its causes and prevention. 3+9
6. Explain Carbohydrate Loading and describe classic method of carbohydrate loading
In detail 3+9
7. Define Fatigue and describe its causes in detail. 3+9
8. Explain the following nutritional terms
a) Nutrient b) Digestion c) Absorption d) Metabolism 3+3+3+3



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education

Time: 30 Min. Marks: 17

Paper: III (Sports Biomechanics)

Roll No. in Fig.

Roll No. in Words.

Attempt this Paper on this Question Sheet only.

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Q.1. Circle the correct option

(17x1=17)

1-Which of the following are anthropometric factors?

- A. the length of a forearm B. the shape of a body
C. the weight of the trunk D. all of the these

2.Which of the following would not be measured in a kinematic analysis of a tennis serve?

- A. angular velocity B. linear velocity C. muscular force D. angular acceleration

3.Which of the following is an example of a static situation?

- A. a cyclist riding at a constant velocity B. a person balancing motionless on one foot
C. both A and B D. neither A nor B

4.Which of the following is not an example of a sagittal plane movement?

- A. flexion B. hyperextension C. lateral flexion D. plantar flexion

5.The cardinal frontal plane divides the body into equal _____.

- A. right and left halves. B. front and back halves.
C. top and bottom halves. D. medial and lateral halves.

6.Nodding the head "yes" occurs in which plane?

- A. sagittal B. frontal C. transverse D. oblique

7. In anatomical position what is the position of the elbow?

- A. 180° B. 0° C. need more information D. none of the above

8.Which of the following is a correct unit of inertia?

- A. psi B. kg/m³ C. lb/ft³ D.none of the these

9.Which of the following is/are scalar quantities?

- A. force B. mass C. velocity D.all of the these

10.A runner moving at a velocity of 6 m/s increases the velocity in a 2 s time interval to a rate of 10 m/s. What is the rate of acceleration?

- A.4 m/s² B.4 m/s C.2 m/s² D.- 2 m/s²

11. In a 5 Kilometer Road race, the finish line is also the starting line. What does 5K represent?

- A. distance B. displacement C. speed D. velocity

12. What quantity is calculated as the inverse of speed?

- A. velocity B. acceleration C. pace D. none of the these

13.Which of the following components of projectile is affected by gravity?

- A. vertical component B. horizontal component
C. both A and B D. depends on the individual situation

14. Which of the following is a correct formula for angular velocity?

- A. $\sigma = \phi/t$ B. $\omega = \phi/t$ C. $\omega = \theta/t$ D. $\sigma = \theta/t$

15. When are radian-based units essential?

- A. when measuring linear velocity B. When measuring angular velocity
C. When converting between linear and angular velocity D. All the these

16. Buoyant force is directly related to what?

- A. mass B. weight C. volume D. density

17. Lift force occurs in which direction?

- A. up B. down C. sideways D. All these



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M.A./M.Sc. Part – I Annual Examination – 2022

Roll No.

Subject: Sport Science & Physical Education

Paper: III (Sports Biomechanics)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

Q.No.2. Short answers 6 x2=12

- i. Dynamic ii. Transvers plane iii. Static Fraction
iv. Inertia v. center of mass. vi. Archimede's Principle

Q.3 Write a comprehensive plane how you Improve the performance of Pakistan Hockey Team through the Knowledge of Sports Biomechanics. 12

Q.4 Discuss the projectile motion and its components in Discus throw. 12

Q5. Write in detail how you conduct the Biomechanical Analysis of 50-meter free style swimming. 12

Q.6. What is the importance of 2nd and 3rd law of motion in sports? 6+6=12

Q.7 Define moment of inertia, what is the importance of moment of inertia in gymnastics. 12

Q.8 Define drag force and how athletes reduce the form drag in different sports. 12

Attempt this Paper on this Question Sheet only.

Division of marks is given in front of each question.

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Q.1. Attempt all Multiple-Choice questions.

(17x1=17)

1. Proprioceptive information received from _____ environment.
a. Internal c. Normal
b. External d. Conditional
2. A painful condition occur lateral side of the elbow is called
a. Tennis elbow c. Tendonitis
b. Golfer's elbow d. Sprain
3. _____ makes athletes more alert and can overcome the effects of fatigue.
a. EPO c. Steroids
b. Diuretics d. Stimulants
4. Overloading leads to
a. Adaptation c. Recovery
b. Fatigue d. None of these
5. During prolong exercise major sources of energy are carbohydrates and
a. Glucose c. Fat
b. Protein d. Minerals
6. In endurance training program _____ minute rest given between sets.
a. One c. Three
b. Two d. Four
7. The basic principle of fitness training in which the body is stressed and adapts to that stress
a. Progression c. Overloading
b. Intensity d. Recovery
8. Jumps and long races are recommended sports for _____ body type.
a. Mesomorph c. Ectomorph
b. Endomorph d. Omomorph
9. The _____ stage usually takes a short time and is also called the exploratory stage
a. Autonomous c. Associative
b. Cognitive d. Early
10. _____ increase strength and red blood cell in blood and give more energy.
a. Steroids c. Cannabinoids
b. Stimulants d. EPO
11. Which one of the following is a characteristic of a good coach?
a. Hardworking c. Good leader
b. Honest d. All of above
12. Being a coach you should select a _____ person for shot put throw.
a. Endomorph c. Ectomorph
b. Mesomorph d. Sprinter
13. _____ base must be provided for coaching to meet the demands of coming trends in sports.
a. Traditional c. Typical
b. Strong d. Scientific
14. A sports trainer must have the knowledge, not only about game techniques but also about sports _____
a. Psychology c. Medicine
b. Biomechanics d. All of above
15. A good coach adopt _____ coaching style

16. During the competition period intensity is kept
- a. Autocratic
 - b. Democratic
 - c. Lazes fair
 - d. According to the situation
17. The duration of the macro cycle is
- a. High
 - b. Low
 - c. Medium
 - d. None of these
18. The duration of the macro cycle is
- a. 5-10 days
 - b. 4-6 weeks
 - c. 1-4 years
 - d. 1-2 months



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Roll No.

Subject: Sport Science & Physical Education
Paper: IV (Methodology of Scientific Coaching)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

2. Define Following; (2x6)
- a. Intrinsic Feedback
 - b. Democratic Coaching
 - c. Warm Up in Sports
 - d. Agility as fitness component
 - e. Reaction Time as Fitness Component
 - f. Delegatory Coaching
3. Differentiate between Principle of Progression, Progressive Overload and Retrogression with reference to a Hockey Goal Keeper? (12)
4. Write a detailed note on learning of Tactical and Technical Training for an Athletic Sports Player? (12)
5. Write a brief note of different types of training according to FITT Principle? (12)
6. Explain in detail six stage model for a Volleyball Spiker while developing his one year training Program? (12)
7. How coaching philosophy helps to develop skills to an athlete? (12)
8. How will you compare strength, endurance, Power, Flexibility, local muscle endurance and agility of a power sports player? (12)



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education

Paper: V (Sports Psychology)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

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Q.1. Encircle the correct answer.

(17x1=17)

1. Psychology involves the study of how _____ affect performance.
a. Goal Setting b. Good Skills c. Leadership Behavior d. Psychological Skills.
2. Coleman R. Griffith is credited as the _____ of Sport Psychology.
a. Doctor b. Teacher c. Founder d. Writer.
3. Biopsychology focused on the study of how the _____ influences behavior.
a. Brain b. Heart c. Movements d. Body.
4. _____ Psychology concerned with the study of animal behavior.
a. Cognitive b. Cross-Culture c. Biopsychology d. Abnormal Psychology
5. Arousal level vary on a _____ from deep sleep to high excitement.
a. Continuum b. Readily c. Requirement d. Position
6. In a state of _____ arousal, you might feel distracted and tired.
a. Stress b. Under Arousal c. Anxiety d. Over Arousal.
7. _____ is "The rate of all wear and tear caused by life".
a. Arousal b. Anxiety c. Stress d. None of the above.
8. Stress management requires excellent _____.
a. Meditation b. Physical Activity c. Self-awareness d. Positivity.
9. Any behavior that is intended to harm other is called _____.
a. Aggression b. Anxiety c. Stress d. None of the above.
10. Instrumental Aggression is when the main aim is to _____ to your opponent.
a. Committing b. Harming c. Self-defence d. Preventing.
11. SMARTER stands for _____.
a. Specific b. Measurable c. Accepted d. Realistic e. All of above.
12. Forms of Aggression are of _____ types.
a. 5 b. 4 c. 3 d. 6
13. Having a short or long term goal can encourage an _____ to work harder.
a. Individual b. Team-Captain c. Teacher d. Coach
14. _____ can be used to develop qualities in yourself you'd like to have.
a. Practice b. Instructions c. Imagery d. Guideline
15. Thinking of yourself as being elated going into the competition is the example of _____.
a. Motivational Imagery b. Internal Imagery c. Motivational General Arousal Imagery d. Practice Imagery
16. In _____ cohesion everyone in the team has the same goal.
a. Social Cohesion b. Task-Oriented Cohesion c. At Midpoint d. In Competition.
17. Team Cohesion increases the _____.
a. Determination b. Courage c. Unity d. All of the above.



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Roll No.

Subject: Sport Science & Physical Education

Paper: V (Sports Psychology)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

*Note: Attempt any SIX questions from Part-II and FOUR questions from Part-III.
All questions carry equal marks.*

Part-II

❖ **Attempt any 6 questions.**

(12 Marks)

- Q2. Define Clinical Psychology? (2)
- Q3. Name down any 7 benefits of sport Psychology? (2)
- Q4. Define Stress Management? (2)
- Q5. Define Optimal Arousal? (2)
- Q6. Define Instinct Theory of Aggression? (2)
- Q7. Write down the names of 6 key components of Commitment? (2)
- Q8. Names the principles of Goal Setting? (2)
- Q9. Differentiate between Process and Performance goals? (2)
- Q10. Enlist the benefits of Imagery? (2)
- Q11. Shortly describe the factors affecting Cohesion? (2)

Part III

- Q12. Write a detail note on branches of Sport Psychology? (12)
- Q13. Define Stress? Explain the causes of stress in detail? (12)
- Q14. How we can develop confidence through Self-talk? Describe the types of Self-talk? (12)
- Q15. Define Attention? Explain in detail the factors influencing attention? (12)
- Q16. Describe Imagery before and during competition in detail? (12)
- Q17. Define Conflict? Explain the types of Conflict in detail? (12)



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education
Paper: VI (Human Anatomy)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

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Q.1. Encircle the correct answer.

(17x1=17)

- i. Tibia is a bone found in the
 - (a) Skull
 - (b) Arm
 - (c) Leg
 - (d) Face
- ii. The smallest cells in the human body are
 - (a) Muscle cells
 - (b) Nerve cells
 - (c) Blood cells
 - (d) Epithelial cells
- iii. Relevant bones of the joints are held together
 - (a) Tendons
 - (b) Flexors
 - (c) Ligaments
 - (d) Extensors
- iv. Ulna is a bone found in the
 - (a) Skull
 - (b) Forearm
 - (c) Leg
 - (d) Face
- v. The pisiform is a bone found in the
 - (a) Skull
 - (b) Arm
 - (c) Hand
 - (d) Foot
- vi. Respiratory centre is situated in:
 - (a) Cerebrum
 - (b) Cerebellum
 - (c) Medulla oblongata
 - (d) Diencephalon
- vii. The layer of connective tissue that separates the muscle tissue into small sections is called the
 - (a) Aponeuroses
 - (b) Perimysium
 - (c) Epimysium
 - (d) Endomysium
- viii. The segment of a myofibril that is called a sarcomere runs from
 - (a) One Z line to the next Z line
 - (b) One H zone to the next H zone
 - (c) One A band to the next A band
 - (d) One end of a skeletal muscle to the opposite end
- ix. There is an invagination of the muscle cell's sarcolemma,
 - (a) Sarcoplasmic reticula
 - (b) Transverse T tubules
 - (c) Cisternae
 - (d) Microtubules
- x. Into what does the neuron release 'its neurotransmitter at the neuromuscular junction?
 - (a) Motor end plate
 - (b) Cytoplasm of the muscle cell
 - (c) Cisternae
 - (d) Synaptic cleft
- xi. A motor unit is made up of
 - (a) All the muscle fibres within a given muscle
 - (b) A motor neuron and the muscle fibres it innervates
 - (c) All the neurons going into an individual section of the body
 - (d) A fascicle and a nerve
- xii. The cross-bridges involved in muscle contraction are located on the
 - (a) Myosin myofilaments
 - (b) Actin myofilaments
 - (c) Tropomyosin
 - (d) Dystrophin
- xiii. Which of the following attaches the hind limb to the vertebral column?
 - (a) Pelvic girdl
 - (b) Pectoral girdle
 - (c) Forelimb
 - (d) Hind limb
- xiv. The nine vertebrae in the pelvic region form two sets, the:
 - (a) Atlas and Axis
 - (b) Sacrum
 - (c) Coccyx and pelvic
 - (d) Sacrum and Coccyx
- xv. Femur, tibia and fibula, tarsals, metatarsals and 14 phalanges make:

- (a) Pelvic girdle (c) Forelimb
 (b) Pectoral girdle (d) Hind limb
- xvi. The lower two pairs of ribs that do not attach with sternum are called:
 (a) Sacrum (c) Coastal arches
 (b) Coccyx (d) Floating ribs
- xvii. At their distal end radius and ulna join eight wrist bones to form which of the following joints:
 (a) Ball and socket joint (c) Multistage joint
 (b) Hinge joint (d) Immovable joint



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2022

Subject: Sport Science & Physical Education

Paper: VI (Human Anatomy)

Roll No.

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

- Q2. Write a short note on following; (4x3=12)
 I. Pre-natal and post-natal life of human
 II. Body Cavities and Plans
 III. Homeostasis
 IV. Major types of Joints
- Q3. Write a detailed note functional anatomy of stomach system? (12)
 Q4. Briefly explain different types of senses? (12)
 Q5. Write a detailed note on histology of lungs with diagram? (12)
 Q6. Briefly explain histology of bone with diagram? (12)
 Q7. Describe endocrinology of pituitary gland? (12)
 Q8. Briefly explain functional anatomy of central nervous system? (12)