



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Supply – 2020 & Annual – 2021

Roll No. in Fig.

Roll No. in Words.

Subject: Sport Science & Physical Education

Paper: I (Sports Management and Planning Sports Facilities)

Time: 30 Min. Marks: 17

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.

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Signature of Supdt.:

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

- 1) Artificial Grounds are used for (02)
 - A) Hockey
 - B) Football
 - C) athletic events
 - D) All of these
- 2) people trust a good manager due to (02)
 - A) command over English language
 - B) handsome personality
 - C) his personal integrity
 - D) both of above
- 3) Staffing Involves (02)
 - A) supervision
 - B) Motivation
 - C) Communication
 - D) None of these
- 4) How many kinds of artificial surface (02)
 - A) Two
 - B) Three
 - C) Four
 - D) Five
- 5) how brings success to the organization (02)
 - A) faith
 - B) dignity
 - c) Unity
 - D) Confidence
- 6) Management function are not limited to (02)
 - A) organizer and leader
 - B) Managers and supervisors
 - C) Planner and controller
 - D) None of these
- 7) Effective communication leads to outcome (02)
 - A) Respect
 - B) Trust
 - C) increased performance
 - D) none of these
- 8) How many qualities of a good Manger (02)
 - A) 26
 - B) 30
 - C) 20
 - D) a lot of numbers
- 9) Innovation brings (01)
 - A) a new ideas new technology
 - B) new methods
 - C) new products and services
 - D) all of these



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M.A./M.Sc. Part – I Supply – 2020 & Annual – 2021

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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: Write a detail note on types of administration and management.~~

Q3: Define sports administration and management also write the down its significance scope.

Q4: Write a detail note on steps of planning and its importance.

Q 5: How do you go about creating a budgeting for your organization?

Q 6: Define artificial surface and discuss in detail artificial surfaces (Indoor and outdoor)

Q 7: Write the detail note on completion of planning commission 1 PC-I.

Q 8: Sketch a tournament structure of Pakistan hockey federation.



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M.A./M.Sc. Part – I Supply – 2020 & Annual – 2021

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Subject: Sport Science & Physical Education
Paper: II (Sports Nutrition)

Time: 2 Hrs. 30 Min. Marks: 48

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2. Describe Carbohydrate loading and explain classic method in detail. 6+6
3. Describe gastric emptying rate and explain the effects of water temperature on Gastric emptying rate. 4+8
4. Define "Protein" and describe its sources, metabolism and functions in detail 2+10.
5. Write comprehensive note on Micro nutrient and Macro nutrients. 6+6
6. Describe the effects of malnutrition on human health. 12
7. Describe "Digestion" and explain human digestive system in detail. 3+9
8. Write Short notes on the following.
A) Hypo-tonic drinks B) Calories C) Metabolism D) Nutrient 3+3+3+3



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

1. All of the following are needed for strong bones except:
A) Thiamin B) Calcium C) Magnesium D) Vitamin D
2. Citrus fruits are an excellent source of:
A) Calcium B) Vitamin C C) Vitamin B D) Calories
3. A mineral that the body needs to work properly is:
A) Calcium B) Silver C) Gold D) Lead
4. Which of the following is highest in vitamin C:
A) Whole wheat bread B) Skim Milk C) chicken D) Orange Juice
5. Which one is the Macro nutrient:
A) Iodine B) Iron C) Copper D) Calcium
6. Which of the following is a fat soluble vitamin:
A) Vitamin A B) Vitamin D C) Vitamin K D) All of these
7. Which of the following is not a macro nutrient:
A) Fat B) Carbohydrate C) Roughage D) Protein
8. Which one of the following group of chemicals is not a food nutrient.
A) Carbohydrate B) Vitamins C) Proteins D) Enzymes
9. Which of these is not considered a nutrient.
A) Vitamins B) Minerals C) Fibers D) Fats
10. Which of the following nutrients is known as the sunshine vitamin.
A) Thiamine B) Calcium C) Magnesium D) Vitamin D
11. A _____ is a unit of energy that indicates the amount of energy contained in the food
A) Lable B) Food guide pyramid C) Calorie D) Basket
12. Good cholesterol is:
A) HDL B) LDL C) A&B D) None of these
13. A Diet high in saturated fats can be linked to which of the following:
A) Kidney failure B) Muscle Atrophy C) Anorexia D) Cardiovascular disease
14. All of the following are nutrients found in food except:
A) Protein B) Plasma C) Carbohydrate D) Vitamins
15. Which Vitamin in large amounts harms the bones:
A) Vitamin A B) Vitamin C C) Vitamin D D) Vitamin B
16. ATP Stored in:
A) Liver B) Blood C) Muscles D) None of these
17. In case of fatigue, which of the following vitamin should be taken:
A) Vitamin A B) Vitamin D C) Vitamin E D) Vitamin K



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M.A./M.Sc. Part – I Supply – 2020 & Annual – 2021

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.2.Short answers

6x2=12

I. Biomechanics II. Kinematics III. Linear Motion

IV. Acceleration VI. Frontal Plane VI. Flexion

Q.3 Explain the role and scope of sports biomechanics in sports. 12

Q4. Define Motion and explain the types of Motion with respect to sports. 12

Q.5. Discuss the planes and axis in Human body with their movements. 12

Q.6. Explain the 2nd law of motion and relate with different sports. 12

Q.7 Define angular momentum and how moment of inertia effect the angular momentum in rotational activities in sports. 12

Q.8. Define lift force which factors affect the lift force and how lift force provide the benefit in Javelin throw. 12



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Q.1. Circle the correct option

(17x1=17)

1. Which of the following is associated with kinematics?
 - a. force
 - b. displacement
 - c. mass
 - d. all of the above
2. Which of the following could be performed by a bio mechanist?
 - a. quantitative analysis of human movement
 - b. qualitative analysis of human movement
 - c. both A & B
 - d. none of the above
3. Biomechanical research has contributed to which of the following?
 - a. injury prevention
 - b. enhanced sport performance
 - c. equipment design
 - d. all of the above
4. Abduction takes place around which axis?
 - a. anteroposterior
 - b. mediolateral
 - c. longitudinal
 - d. Horizontal
5. Which of the following terms best describes translational motion along a curved line?
 - a. rectilinear
 - b. curvilinear
 - c. rotational
 - d. General
6. Which of the following relationships is correct?
 - a. $m = F / a$
 - b. $F = m / a$
 - c. $a = m / F$
 - d. none of the above
7. Which of the following is a correct unit of pressure?
 - a. Newtons
 - b. kg/cm^2
 - c. N/cm^2
 - d. Slugs
8. Vector mechanics apply to which of the following?
 - a. displacement
 - b. velocity
 - c. speed
 - d. both A and B
 - e. all of the above

9. Linear distance travelled per unit of time describes what?
- displacement
 - velocity
 - acceleration
 - Speed.
10. A runner completes 1 full lap around a 400 meter track. What is her displacement?
- 400 meters
 - 400 meters X 2π
 - zero
 - need more information
11. The higher the jump, the "harder" the landing. This statement reflects which of the following laws?
- the law of inertia
 - the law of momentum
 - the law of torque
 - the law of action/reaction
12. What is/are the direction(s) for vertical ground reaction force?
- up
 - down
 - sideways
 - all of the above are possible directions
13. The perpendicular distance between the line of force and the axis defines what?
- torque
 - fulcrum
 - moment arm
 - none of the above
14. The resistance arm (RA) will always be longer than the force arm (FA) in what class lever?
- 1st class
 - 2nd class
 - 3rd class
 - none of the above
15. Which of the following will benefit mobility?
- increase mass
 - increase base of support
 - increase friction
 - raise centre of gravity
16. When knee flexion is increased, what happens to the moment of inertia of the leg about the hip?
- increased
 - decreased
 - remains the same
 - need more information
17. Which of the following describes the drag created by a pressure differential between the lead and rear sides of a body moving through a fluid?
- form drag
 - profile drag
 - surface drag
 - both A and B above



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M.A./M.Sc. Part – I Supply – 2020 & Annual – 2021

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

Time: 30 Min. Marks: 17

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Q.1. Attempt all Multiple-Choice questions.

(17x1=17)

- i. Plyometric is also called:**
(a) Reflex phenomena (b) Reactive Jumps (c) Agility Training (d) All of these
- ii. Components effect on the speed of recovery:**
(a) Water and Mineral replenishment (b) Nutrition replenishment (c) Health & physical fitness (d) All of these
- iii. Speed play is also known as :**
(a) Weight Training (b) Pressure Training (c) Fartlek Training (d) Interval Training
- iv. Interval Training is good for:**
(a) Off Season (b) Pre-Season (c) Competition Period (d) Both a & b
- v. Transition period aims at:**
(a) Stabilization (b) Super Compensation (c) Recovery (d) Both a & c
- vi. Power is denoted by:**
- vii. (a) Strength & Endurance (b) Strength and Body composition (c) Strength & speed (d) Maximum strength with maximum speed**
- viii. To prepare for an athletic event by exercising stretching or practicing for a short time before hard work is called.**
(a) Warm up (b) Light Exercise (c) Cool Down (d) Proper Exercise
- ix. Instrument used for checking grip strength:**
(a) Goniometer (b) Spiro meter (c) Lactometer (d) Manometer
- x. Isotonic exercise is exercise in which:**
(a) There is a change in the length of muscles (b) There is only extension in the muscles (c) No change in the length of muscles (d) None of these.
- xi. The causes of muscles fatigué are:**
(a) Restricted blood flow (b) Lactic acid build up (c) Dehydration (d) All of these
- xii. Change occurs by repetition method is:**
(a) Maximum Strength (b) Speed Ability (c) Explosive Strength (d) None of these
- xiii. What is gained through crossfit training?**
(a) Endurance (b) Speed (c) Strength (d) All of these
- xiv. The reason of low sports performance is**
(a) Overload (b) Under load (c) Over use (d) All above
- xv. The name of training cycle of 1-4 Years is:**
(a) Micro cycle (b) Meso cycle (c) Macro cycle (d) All of above
- xvi. What should be Maximum intensity of load for power development?**
(a) 30- 50 % (b) 50- 70 % (c) 70-80% (d) 90-100%
- xvii. Energy system works in the absence of oxygen is:**
(a) Aerobic Glycolysis (b) ATP-CP (c) Anaerobic Glycolysis (d) Both b and c



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Paper: IV (Methodology of Scientific Coaching)

Roll No.

Time: 2 Hrs. 30 Min. Marks: 48

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

Q.2. Attempt these short questions?

(6x2=12)

- i. Write Harris and Benedict Equation of BMR for men and women?
 - ii. Name different health relate fitness components?
 - iii. Define local muscle endurance?
 - iv. What is Fartlek training?
 - v. Name four different tests to measure body fat ratio?
 - vi. Define the term FITT Principal?
3. How Principal of Individual difference vary in different body parameters for strength and endurance sports? What are different type of warm up and what purpose they serve? Why cool down is important for athletes? (6+6)
 4. Differentiate between Principal of Progression, Progressive overload and Retrogression with special reference to strength and endurance sports? (4+4+4)
 5. Write down one year coaching plan for Cricket Wicket Keeper? (12)
 6. Define coaching philosophy? How coaching philosophy helps to develop good coaching skills in a person? (2+10)
 7. How will you compare strength, endurance, balance, power, local muscle endurance and flexibility of strength sports and endurance sports players? (6+6)
 8. Write not on the following training strategies for contact sport: (4+4+4)
 - i. Physical
 - ii. Technical
 - iii. Tactical



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Paper: V (Sports Psychology)

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Q.1. Encircle the correct answer.

(17x1=17)

1. The scientific study of behavior and mental processes and how they are affected by an organism physical state, mental state, and external environment is
(a) Physiology (b) Philosophy
(c) Psychology (d) None
2. A field that deals with the way human being processes, combines and organizes information in the mind which help to solve problems, memorize, understand, interpret and create information is
(a) Psychodynamic (b) Cognitive psychology
(c) Humanistic psychology (d) None
3. The causes of behavior within the workings of personality is the study of
(a) Psychodynamic (b) Cognitive psychology
(c) Humanistic psychology (d) None
4. The psychology which emphasizes the free will, freedom and choice and innate tendencies toward growth is _____
(a) Psychodynamic (b) Cognitive psychology
(c) Humanistic psychology (d) None
5. It focuses on the role of external environment (events, people actions, objects) in shaping and governing human actions.
(a) Personality (b) Traits
(c) Behaviorism (d) None
6. Which of them is the cause of division in psychology?
(a) Differences of method (b) Differences of aspects of behavior to be studied
(c) Differences of objectives (d) All of them
7. Which of them is the branch of psychology?
(a) Personality (b) Developmental
(c) Industrial (d) Social (e) All of them
8. The study in which we study how human being grows and changes through the life span is
(a) Personality psychology (b) Developmental psychology
(c) Industrial psychology (d) None
9. Psychology which studies human differences, factors that make the differences and development is
(a) Social psychology (b) Personality psychology
(c) Clinical psychology (d) None
10. The studies in which we study how the behavior of a person or a group influences the behavior of another person or group is
(a) Social psychology (b) Personality psychology
(c) Clinical psychology (d) None

11. Psychology which studies the behavior of workers at working places, industries, companies, institutions or at any working situation.
(a) Social psychology (b) Personality psychology
(c) Industrial or organizational psychology (d) Clinical psychology
12. Psychology which deals with behavior problems, emotional disorders and behavior that indicate that the person is abnormal
(a) Social psychology (b) Personality psychology
(c) Industrial psychology (d) Clinical psychology
13. Which of them is not abnormal behavior?
(a) Phobic disorder (b) Mood disorder
(c) Playing music (d) None
14. Psychology which studies basic causes of behavior, biological and social, that cut across different species is
(a) Social psychology (b) Experimental psychology
(c) Counseling psychology (d) None
15. Psychology which applies knowledge of general psychology in teaching and learning is
(a) Educational psychology (b) Social psychology
(c) Clinical psychology (d) None
16. Scientific study of behavior, affective, and cognitive reactions to sports settings for both participants and fans is
(a) Sport physiology (b) Sport philosophy
(c) Sport psychology (d) None
17. A set of behavior's that are likely to, or have the potential to, cause harm to others, are intended to cause harm, and are goal-directed is
(a) Aggression (b) Impression
(c) Self-confidence (d) None



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- Q.2. Briefly describe the followings:
- i. What are the goals?
 - ii. Write down the difference between practice goal and competition goals
 - iii. What is Extrovert personality
 - iv. What is motivation
 - v. What is meditation
 - vi. Write down the steps in forming self-efficacy
- Q.3. Define Sports psychology and explain different branches of Psychology with special reference to Sports and Exercise?
- Q.4. What is Stress and explain the stress managing techniques in Sports?
- Q.5. How can you develop Self-Confidence through Self Talk?
- Q.6. Describe in detail that how positive thinking improve the performance of a player?
- Q.7. Explain in detail the different Principles for Effective Goal Setting.
- Q.8. Write in detail the Steps for Becoming Proficient in Imagery.