



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Paper: I (Method of Research in Sports)

Time: 30 Min. Marks: 18

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. Encircle the right answer cutting and overwriting is not allowed. (18x1=18)

1. Which of the following features are considered as critical in qualitative research?

- A. Collecting data with the help of standardized research tools.
- B. Design sampling with probability sample techniques.
- C. Collecting data with bottom-up empirical evidence.
- D. Gathering data with top-down schematic evidence.

2. The appropriate analytical technique is determined by

- (a) The research design
- (b) Nature of the data collected
- (c) Nature of the hypothesis
- (d) Both A & B

3. A small scale trial run of a particular component is known as:

- (a) Pilot testing
- (b) Pre-testing
- (c) Lab experiments
- (d) Both A & B

4. The format of thesis writing is the same as in

- A. Writing of Seminar representation
- B. Preparation of research paper/article
- C. A research dissertation
- D. Presenting a workshop/conference paper

5. Which of the following does not correspond to characteristics of research?

- A. Research is not passive
- B. Research is systematic
- C. Research is not a problem-oriented
- D. Research is not a process

6. What are the core elements of a dissertation?

- A. Introduction; Data Collection; Data Analysis; Conclusions and Recommendations
- B. Executive Summary; Literature Review; Data Gathered; Conclusions; Bibliography
- C. Research Plan; Research Data; Analysis; References
- D. Introduction; Literature Review; Research Methodology; Results; Discussions and Conclusion

7. Which of the following is the opposite of a variable?

- (a) An extraneous variable
- (b) A dependent variable
- (c) A data set
- (d) A constant

8. The process not needed in experimental research is

- A. Controlling
- B. Observation
- C. Reference collection
- D. Manipulation and replication

9. How is random sampling helpful?

- A. Reasonably accurate
- B. An economical method of data collection
- C. Free from personal biases
- D. All of the above

10. Last stage of research process is:

- (a) Review of Literature
- (b) Report Writing
- (c) Research Design
- (d) Analysis of Data

11. What is the major attribute of Correlation Analysis?

- (a) Association among Variables
- (b) Difference among Variables
- (c) Regression among Variables
- (d) Variations among Variables

12. Authenticity of a research finding is its

- (a) Validity
- (b) Objectivity
- (c) Originality
- (d) All of the above

13. Where no such original data is collected, but the research project uses existing sources of data, for example census?

- (a) Pure research
- (b) Applied research
- (c) Primary research
- (d) Secondary research

14. What does the longitudinal research approach actually deal with?

- A. Long-term research
- B. Short-term research
- C. Horizontal research
- D. None of the above

15. Research ethics do not include

- (a) Integrity
- (b) Honesty
- (c) Objectivity
- (d) Subjectivity

16. Which one of the following is a research tool _____

- (a) Graph
- (b) Diagram
- (c) Illustration
- (d) Questionnaire

17. The format of thesis writing is the same as in

- A. Writing of Seminar representation
- B. Preparation of research paper/article
- C. A research dissertation
- D. Presenting a workshop/conference paper

18. A piece of research will be valuable in their own studies without having to read the entire article

- (a) Abstract
- (b) literature review
- (c) Methodology
- (d) Conclusion



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR Question.

- Q.2. Define Research? Write its importance in the area of physical education.
- Q.3. What do you know about population and sample? Give the various types of Sampling Techniques we can use in quantitative research.
- Q.4. What is meant by Tools of Data Collection, Write down the characteristics of a good questionnaire?
- Q.5. Write down the characteristics of quantitative and qualitative research.
- Q.6. What is meant by Research Design, Discuss any one Research Design in detail?
- Q.7. Write the sequential steps of developing a research proposal.
- Q.8. What is meant by Hypothesis, Write down the characteristics of a testable hypothesis?
- Q.9. Discuss different types of variable in detail.



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Time: 30 Min. Marks: 18

Paper: II (Measurement and Evaluation in Sports)

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

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.

Q.1. Encircle the right answer cutting and overwriting is not allowed. (9x2=18)

1. In measurement the first step is:
(A) Marking of the test
(B) Administering the test
(C) Development of the test
(D) Decision of what to measure
2. The main purpose of the evaluation is to make:
(A) Judgment
(B) Opinion
(C) Prediction
(D) Decision
3. Measurement is basically the:
(A) Numerical value
(B) Qualitative value
(C) Value judgment
(D) B & C
4. What an individual can perform in the future is basically measured by:
(A) Aptitude test
(B) Personality test
(C) Intelligence test
(D) Achievement test
5. What is the median of 1, 6, 4, 5, 2, and 3?
(A) 2
(B) 4
(C) 3.5
(D) 2.5
6. If any item has difficulty index 5% then it is:
(A) Difficult
(B) Very easy
(C) Easy
(D) Acceptable
7. In which case we should not use the test?
(A) When the number is small
(B) When variance is large
(C) When the distribution is normal
(D) None of the above.
8. The process of obtaining numerical value is
(A) Test
(B) Assessment
(C) Measurement
(D) Evaluation
9. Method is used to check the ability of cardio respiratory system
(A) Kraus weber test
(B) Harvard step test
(C) Mc. Donald test
(D) Dyer test



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR Question.

Q. No. 2 Define Measurement, and Evaluation also discuss the importance of Measurement and Evaluation in physical education and sports? (13)

Q No. 3 Explain the validity, reliability and objectivity as criterion for the development of a test. (13)

Q. No. 4 What do you understand by rating? Write a detailed note on the rules for the use of rating scales. (13)

Q. No. 5 Enlist different skill tests of Hockey also explain the Goal Scoring Test in Hockey with examples. (13)

Q No. 6 Explain briefly the grading, also describe different methods of grading in detail? (13)

Q No. 7 Find Mean, Median and Mode from the following data. (13)

Scores	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-99
F	3	5	7	9	13	14	8	7	2	1

Q No. 8 Define the following terms:

a) Summative Evaluation

b) Population

c) Variable

d) Norm reference test

e) Standard Deviation

f) Motor Ability



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Paper: III (Exercise Physiology)

Time: 30 Min. Marks: 18

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

Attempt this Paper on this Question Sheet only.

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

Q.1. Encircle the right answer cutting and overwriting is not allowed. (9x2=18)

1. In Finland, a scientist named _____ created low concentration of oxygen (15.3%) utilization environment.

(a) Heikki Rusko (b) Micheal Bosco (a) Heikki Mosco (b) Abdul Qadeer khan

2. _____ is a term which describes the biochemical or metabolic pathways by which the cell ultimately obtains energy.

(a) Carbohydrate Metabolism (b) Bioenergetics (c) Protein Metabolism (d) Fat (Lipid) Metabolism

3. The secretion of excess in thyroxin in blood can cause

a) Blood pressure (b) Thyrotoxicosis (c) Goiter (d) Myxoedema (e) None of the them

4. The first person to test positive for the steroid THG was a British Sprinter name _____

(a) Mark McGwire (b) Ross Rebagliati (a) Dwain Chambers (b) Diane Modahl

5. The first degree frost bite is also called _____

(a) Deep cold (b) frozen limb (c) Blistering (d) Frost Nip

6. The second name of doping control office is _____

(a) doctor (b) physiotherapist (c) chaperone (d) none of these

7. _____ is physical and/or mental exhaustion that can be triggered by stress, medication, overwork, or mental and physical illness or disease.

(a) Cramps (b) Mental distortion (c) Fatigue (d) Exhaustion

8. _____ is a total collapse of the body's ability to dissipate heat

(a) Sunburn (b) Siriasis (c) Heat Stoke (d) None of them

9. Flexibility can be determined through _____

(a) howard test (b) Sit and reach test (a) congo test (b) broad jump



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

SUBJECTIVE TYPE

Note: Attempt any FOUR Question.

Q No 2. Why exercise physiology has a great importance in sports? Explain it with suitable examples?

Q NO 3. Define Overtraining in sports training? Also write down suitable examples to elaborate it clearly?

Q NO 4. Define Gasses exchange? How we can reduce pollution near arenas and sports complexes?

Q No 5. Write 15 points how environmental factors affected the training?

Q NO 6. Define doping? Why athletes adopted such kind of illegal process to enhance performance?

Q NO 7. Write down at least 15 banned substances that utilized in sports for performance enhance ment?

Q No 8. Why we need climate acclimatization duration Mega Sports event?



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Paper: IV (Fitness & Wellness)

Time: 30 Min. Marks: 18

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

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.

Q#1. Circle the right answer from the given option.

(18 x 1 = 18)

- i. The capability of the individual to meet the varied physical and psychological demands made by a sporting activity.
a. Physical Fitness b. Optimal Health c. Fitness d. None of the above.
- ii. The health risk factor are _____
a. High Blood Pressure b. Smoking c. Diabetes d. All of the above.
- iii. A person should exercise for _____ minutes.
a. 10 to 15 minutes b. 30 to 45 minutes c. 60 to 90 minutes d. 1 hour
- iv. _____ can be also called as the house of all diseases.
a. Extra Workout b. Less Activity c. Illness d. Obesity
- v. The 15 min Exercise Plan for Cardiovascular Endurance is _____
a. Running on the Spot b. Side Jumping c. Lower Body Sit-ups d. Both (a) & (b)
- vi. A person should drink water _____ minutes after every meal.
a. 10 minutes b. 20 minutes c. 30 minutes d. 40 minutes
- vii. Obesity are of _____ types.
a. 5 b. 3 c. 4 d. 2
- viii. The treatment of Obesity includes _____
a. Diet Treatment b. Medication c. Surgery d. All of the Above
- ix. Stress can be handled in following ways _____
a. Find the cause of the solution b. Accept the worse that can happen c. Laughter Therapy
d. Both (a) & (b)
- x. A person do warm up in order to _____
a. Prepares the body for exercise b. Reduce the risk of injury c. Stretches the muscles d. Both (a) & (b)
- xi. The _____ is an activity that prepares the muscles for work.
a. Warm up b. Cool down c. Work out d. None of the above.
- xii. _____ Principle placing increasing amounts of stress on the body causes adaptations that improve fitness.
a. Specificity-Adapting to type of Training b. Progressive Overload-Adapting to Amount of Training
c. Reversibility-Adapting to a Reduction in Training d. None of the above.
- xiii. Body Composition can be measured in _____ ways.
a. 6 b. 4 c. 3 d. 1
- xiv. _____ is the proportion of bone, muscle and fat in an athlete.
a. Flexibility b. Strength c. Cardiovascular Fitness d. Body Composition
- xv. The Equipment used for measuring the Body Mass Index (BMI) is _____
a. Height Scale or Tape Measure b. Weight Scale c. Skin Fold d. Both (a) & (b)
- xvi. _____ is the ability to change the position of your body quickly and to control body's movements.
a. Anaerobic Power b. Speed c. Agility d. None of the above.
- xvii. The common examples of Acute Injury are _____
a. Strains b. Sprains c. Fractures d. All of the above.
- xviii. Dieters limit _____ to varying degrees and eat more protein.
a. Carbohydrates b. Vitamins c. Minerals d. None of the above.



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

SUBJECTIVE TYPE

Note: Attempt any FOUR Question.

- Q.2. Write the short answers of the following:** (13)
- What is the difference between Health and Wellness?
 - What are Health Risk Factors?
 - Enlist the steps of why and how do we warm up?
 - Define Cardio-Respiratory Endurance?
 - Enlist the Common Exercise Injuries during Micro Trauma?
 - Define Resistance Training Program?
- Q.3. Define Cool down? Explain the types and purpose of Cool Down in detail?** (13)
- Q.4. Differentiate between Warm-up and Cool-down. Also write down their benefits, duration, physiological and psychological changes in human body?** (13)
- Q.5. Define the F.I.T.T formula? Briefly describe the basic stages for preparation of Physical Activity?** (13)
- Q.6. What do you know about the Resistance Training Program? Briefly discuss how it builds the strength in an athlete?** (13)
- Q.7. Write a detail note on Physical Activity Pyramid for Fitness?** (13)
- Q.8. Write a note on Muscular Strength? Also briefly define the factors effecting LME Fatigue?** (13)



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Time: 30 Min. Marks: 18

Paper: V & VI-E-N (Leadership in Sports) (Common)

Roll No. in Fig.

Roll No. in Words.

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Q#1. Circle the right answer from the given option.

(18x1=18)

i. _____ is increasing leadership.

- a. Strategy b. Command c. Control d. getting other to follow**

ii. Communication is a part of _____ skill

- Soft b. Hard c. Rough d. Short**

iii. Which of the following is not one of the qualities that are related to effectiveness in the roles of visionary leaders?

- a. The ability to explain the vision to others
b. The ability to express the vision not just verbally but through behavior
c. The ability to extend or apply the vision to different leadership contexts
d. The ability to stimulate and inspire followers to achieve extraordinary outcomes**

iv. Which of the following is not a type of decision making.

- a. Tactical b. Programmed c. Non programmed d. Rule**

v. People can interact each others with

- a. Communication b. Transport c. Loudspeaker d. None of these**

vi. Where is the date mentioned in a notice of meeting?

- a. Top right b. Bottom left c. Bottom right d. None of these**

vii. These are very important ways of recording information and presenting it at meeting

- a. Reports b. Press release c. Agenda d. Press conference**

viii. Which is a quality not possessed by a leader

- a. Paternalistic b. Delegating c. Motivational d. Stressful**

ix. Which one of the following is not an example of sportsmanship-like behavior?

- a. Respect for an opponent b. Win-at-all-costs attitude
c. Punish foul behavior d. a and c**

- x. Which one is the method of communication
 a. Written b. Bulletin c. Meeting d. All of these
- xi. Transactional leader is one who
 a. Inspires people and has strong interactions with them
 b. Does deals with people to get them to do things the leader wants
 c. Both a and b
 d. None of these
- xii. In leadership trait theory what is a trait?
 a. A list of the things that make leaders different from everyone else.
 b. A list of the key things that a leader should do to be great.
 c. A list of key characteristics that makes a leader great.
 d. All of these
- xiii. The best time for a press conference is usually
 a. Morning b. Before noon c. Night d. Afternoon
- xiv. Leaders are ____.
 a. Individual people, while leadership is a process.
 b. The first step in the leadership process
 c. Individual people who study the leadership process
 d. The final step in the leadership process
- xv. Which Leadership style tends to centralize authority and make unilateral decisions?
 a. Cultural style b. Autocratic style c. Democratic style d. Laissez-faire
- xvi. The ideal leader
 a. Shapes their leadership style depending on the situation
 b. Provides clear instructions to the followers so that they know what they are doing.
 c. Spends time with their followers and therefore listens and responds to their needs.
 d. None of these
- xvii. Which model of decision making takes advantage of unconscious reasoning?
 (a) Rational (b) Non rational (c) Intuitive (d) Speed
- xviii. Decision making begins with
 a. Selective alternatives b. Identifying decision criteria
 c. identifying a problem d. none of these



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

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 Roll No.

Subject: Sport Sciences & Physical Education
 Paper: V & VI-E-N (Leadership in Sports) (Common)

Time: 2 Hrs. 30 Min. Marks: 52

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR Question.

Q.2. Write a short answers of the following 13

i. Types of communication

ii. Notice

iii. Tips of good meeting

Q.3. Is transformational leadership built “on top of “ transactional leadership, or is it just a special case of charismatic leadership? Discuss in detail. 13

Q.4. Define leadership and write down the qualities of the most successful leader in sports. 13

Q.5. What is the importance of following to conduction a meeting

i. Notice

ii. Agenda

13

Q.6. Explain the leadership position in sports and physical education 13

Q.7. Explain the following:

i. Annual Report of individual performance ii. Models of decision making 13

Q.8. How you can differentiate between leader and manager? Discuss in detail. 13



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Paper: VI-A (Theory of Games &

Computer Application in Sports)

Time: 30 Min. Marks: 18

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

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

Q#1. Encircle the right answer cutting and overwriting is not allowed. (9x2=18)

1. Who is the father of Computer?

(a) Allen Turning (b) Charles babbage (c) Simur Cary (d) Augusta Adaming

2. Identify the device through which data and instructions are entered into a computer

(a) software (b) output device (c) input device (d) memory

3. Computer Monitor is also known as

(a) DVU (b) VDU(c) UVD (d) CCTV

4. The printed output is also called

(a) hardware (b) software (c) paper (d) hardcopy

5. The number of loops in a basketball net are?

(a) 6 (b) 7 (c) 14 (d) 12

6. Circumference of a Basketball _____?

(a) 75cm to 80cm (b) 75cm to 78cm (c) 70cm to 78cm (d) 72cm to 75cm

7. Michael Phelps is a?

(a) Footballer (b) Gymnast (c) Swimmer (d) Cyclist

8. The rings of basket shall be made of _____ material?

(a) brass (b) Iron (c) steel (d) plastic

9. The length for a soccer field when planning to make a stadium must be?

(a) 90-100m (b) 100 to 110m (c) 110-120m (d) 100-120m



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

Roll No.

Subject: Sport Sciences & Physical Education
Paper: VI-A (Theory of Games &
Computer Application in Sports)

Time: 2 Hrs. 30 Min. Marks: 52

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR Question.

Q No 2. Write 10 Fouls and at least 3 techniques of Basketball game?

Q No 3. Define the following terms?

- (a) Software (b) hardware (c) Center of basketball (position) (d) Pyramid method (e) email
(f) Graphic user interface (g) Read only Memory (ROM)

Q No 4. Write a Detailed note on Wide Area Network (WAN)?

Q No 5. Write a detailed note on computer related software? How it helps in the performing better in competition?

Q No 6. Explain in detail, how elimination method works in Major tournaments?

Q No 7. Write a detailed note on free through in football?

Q No 8. How Power point is helpful in presenting the data in major sports? Explain your answer with suitable examples?



UNIVERSITY OF THE PUNJAB

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

Subject: Sport Sciences & Physical Education

Time: 30 Min. Marks: 18

Paper: VI (e) / V-N (Science of Track & Field) (Common)

Roll No. in Fig.

Roll No. in Words.

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Q.1. Encircle the right answer cutting and overwriting is not allowed. (6+6+6=18)

Part – A

1. When Ancient Olympic Games held
 - a) 812 BC
 - b) 776 BC
 - c) 778 BC
2. When Modern Olympic Games held
 - a) 1894
 - b) 1896
 - c) 1898
3. Who was the founding father of Ancient Olympic Games
 - a) Zeus
 - b) Hercules
 - c) Pelops
4. Who was the hero of Sprint events of Ancient Olympic games
 - a) Milo
 - b) Bin Thomson
 - c) Michael Johnson
5. Who was the record holder of 100m modern Olympic games
 - a) Michael Johnson
 - b) Usain bolt
 - c) Bengohson
6. Who was the 1st president of Ancient Olympic games
 - a) Hercules
 - b) Zeus
 - c) Pelops

Part – B

7. The area of standard track is
 - a) Straight
 - b) Curve
 - c) Oval
8. How many lanes are of standard athletic track
 - a) 8
 - b) 9
 - c) 10
9. What is the width of a lane of a standard athletic track
 - a) 1.23 m
 - b) 1.22m
 - c) 1.24m
10. What is the width of a line of lane of standard athletic track
 - a) 3cm
 - b) 4cm
 - c) 5cm
11. The direction of rRunning in 400m is
 - a) Straight
 - b) Anti-clockwise
 - c) Clockwise
12. The start of Running in 100m sprint is
 - a) Curve
 - b) Straight
 - c) Oval

Part – C

13. How many parts are in a Javelin
 - a) 2
 - b) 3
 - c) 4
14. How many are the events in Stepthlon
 - a) 5
 - b) 6
 - c) 7
15. Which is the shape of standard athletic track
 - a) Spherical
 - b) Rounded
 - c) Oval
16. What is the measurement of a Baton Changing Zone in Relay Race
 - a) 20m
 - b) 25m
 - c) 30m
17. What is the colour of lines of a track
 - a) Red
 - b) White
 - c) Blue
18. The direction of running of an Athlete in a Standard Athletic Track
 - a) Clockwise
 - b) Anti-clockwise
 - c) Straight



ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

SUBJECTIVE TYPE

Note: Attempt any FOUR Question.

Q NO 2. a) How u would check and calculate from process with under given (10+3)
measurement in order to mark a Standard Athletic Track.

The total area of length = 180.74m

The total area of width = 95.74m

Width of a lane = 1.22m

b) Verify the measurements with example of diagram of a track.

Q NO 3. How would u prepare a complete program of athletic meet at university level
~~of two days with three sessions.~~ (13)

Q NO 4, a) What do u mean of officials (3+5+5)

b) Write down the duties of the following officials

I. Referee

II. Technical Manager

Q NO 5 a) What do you mean by long jump, Explain (3+10)

b) Write down the techniques which help the Jumper to increase his
performance

Q NO 6. a) Define the Sprint event in detail. (3+10)

b) Write down the techniques which help the Sprinters to increase the
performance.

Q NO 7. Write down the excellent services of the Pierre-De-Coubertin in the
reconstruction of the Modern Olympic Games. (13)

Q NO 8. Write down the duties of the following officials in (5+4+4)

Conducting the competition

I. Referee

II. Chief judge of the holding positions

III. Starter