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**GMPS ACADEMY PHYSICAL EDUCATION COACHING CENTER
(RAJAPALAYAM)**

**PG TRB 2022 QUESTIONS TENTATIVE QUESTION & ANSWER KEY
ANALYSIS**

Games and Athletics

- 1) volleyball Antenna height : 1.80mt
- 2) Hockey Net Mesh: 45mm
- 3) wrestling Competition total official : 4 or 5
- 4) Hammer cage Measurement : 2.45mt
- 5) Relay 4*400mt Takeover Zone: 20mt
- 6) Minimum Length of the javelin Runway: 30mt
- 7) Shot-put Sector angle : 34.92°
- 8) which year start pro kabaddi : 2014

Sports Training

- 9) Periodization Types: Single and multiple
- 10) Circuit Training Station : 6-10
- 11) Circuit training Station Duration of Exercise : 30sec -40sec or 30sec - 60sec
- 12) Circuit Training strength endurance each Station duration : 30-60sec
- 13) Plyometric training developing : Explosive Power
- 14) Agility Related : Speed
- 15) Sports training consists of :
- 16) Isometric training called: Static
- 17) Anabolic steroid increase : Increase Pulse or Glucose level (Doubt)
- 18) Which training Suitable for Lean body muscle developing purpose :
Weight lifting training or Strength training
- 19) Which one developing jump and Bithack exercise: Abdominal strength or
Jumping capacity
- 20) Which one developed by Bounding exercise : Speed
- 21) which one injury affect soft Tissue: Contusion or Incision (Doubt)
- 22) Muscle contraction
- 23) Which tactics more advantageous offensive tactics
- 24) Tactics offensive defensive high-performance tactics

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Health Education

- 25) AIDS Full form: Acquired immune deficiency syndrome
- 26) Aids Confirmation test: Elisa
- 27) Suryanamaskar total steps: 12
- 28) Which one breathing exercise : Pranayama
- 29) Thyroid well-functioning helping asana: sarvankasana
- 30) Which Disease called Hydrophobia: Rabies
- 31) Which Viral Disease total eriction from Society : Mumps Or Polio
- 32) World Tobacco day: May 31
- 33) Incubation : Infection between symptom
- 34) Health definition physical mental social

Research and statistics

- 35) Statistics definition : collection Presentation analysis Interpretation
- 36) Basic research called: Pure and Fundamental Research
- 37) The f test significant conduct : Posthoc test scheffi
- 38) Philosophical research Hypothesis formulate purpose used.....: Literature Review
- 39) Which one of the research related to Descriptive Research : Case study
- 40) Which one of the study previously conduct : Historical research
- 41) Quantity data types: Continuous data and discrete data
- 42) Human behavior find out purpose used which research: Qualitative
- 43) Rejecting null hypothesis when its false true: Type I error
- 44) Accepting null hypothesis When its false true Type II error
- 45) Mean ungrouped formula $\frac{\sum x}{n}$
- 46) Standard deviation Ungrouped formula:
- 47) Zscore formula : $\frac{x-m}{s}$
- 48) The Score 50th percentage taken: Median
- 49) T score Formula :
- 50) Preliminary page of the research : Title of the page abstract

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- 51) Preliminary related: Introduction
- 52) Which one the following covered by research proposal : Introduction, objectivity, benefit, ending outline
- 53) Hypothesis emerge from: Reasoning or literacy
- 54) Tentative statement. Hypothesis
- 55) Effect of Plyometric training on Basketball player Which one Independent Variable: Plyometric Training
- 56) Master of Philosophy students doing Dissertation: Compulsory

- 57) Official record Example Of : Primary data
- 58) Which Classification Used large area population related data collection: Geographical Classification
- 59) Which one descriptive type of research method used large area data collection purpose: Questionnaire
- 60) Which one research Formulation of hypothesis and developing theory: Basic research
- 61) Which type of research used teacher classroom handling purpose : Action Research
- 62) Which type of research used current situation problem solving purpose: Action research
- 63) Which one of the method used current situation skill measured purpose : Likert Scale or Rating scale
- 64) TAT what type of research
- 65) One way Anova
- 66) Prediction
- 67) Which one of the following data collection method a data based on quantity

Test and Measurement

- 68) Sports skill measuring purpose used tools : Test
- 69) Norms called: Scale
- 70) Sports skill Comparing Purpose used: Norms
- 71) Validity Measured: Accuracy
- 72) Sports Skill test see first steps: Objective
- 73) Drug. A stimulant : Amphetamine and Cocaine
- 74) The sports person which purpose used drugs: Performance enhance purpose
- 75) Which injury affect Soft tissue injury: incision and conduction
- 76) Bone and bone connect : Ligament

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77) Hard vard step test Minimum Duration: 3min

78) Khelo india Vertical benefit : 12

Sports Psychology and Philosophy

79) Endomorph given by : Sheldon

80) Idealism Given by: Plato

81) Programatism Given : John Dew

82) John dew explain: Experience

83) Personality Trait : Cattell 16 Personality

84) Both eye Vision : Binocular Vision

85) Equilibrium and threatening : Stress

Physical education related

86) Physical education development of : Wholesome

87) Physical education is : Behavior or Learning

88) Which year start SAI: 1984

Education psychology

89) Sarva Shishaa abiyam : 2000-2001

90) Adult education introduce year: 1978 oct2

91) Emotion types : 4 or 2

92) Which age 80% of development in our brain : 4-6

93) Petrol, Kerosene oil, Electricity, coal and power example of : Disjunctive concept

94) CLASS: Computer Literacy and studies in School

95) Which commission 1952 developing Secondary education: Mudaliar Education Commission

96) Which stage no progress development in learning curve : Plateau

97) Where is located Kariyar dam: Pavanasam

98) Odd man out Greenpark

99) Father of psychology

100) Biaget and Bruner stages of learning

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