

V-37

**University of Hyderabad**  
**Post Graduate Diploma in Health Fitness and Lifestyle management**  
**Entrance examination – 2011**

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**Hall Ticket Number**

**Time: 2 hours**

**Total Marks: 75**

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**Please read the following instructions before answering.**

**Instructions:**

1. This booklet has seven pages. Please check thoroughly for all the pages.
  2. Enter the hall ticket number on the first page of this booklet as well as on the OMR sheet.
  3. There is negative marking. For each wrong answer 0.33 marks will be deducted.
  4. There are two parts in the question paper – PART A (Question nos. 1 – 25) and PART B (Question nos. 26 to 75). In case of a tie, marks obtained in PART A will be considered for resolving the tie.
  5. Calculators are not permitted.
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**SECTION A**

1. What is the basic unit of the Nervous system?  
A. Hypothalamus    B. Neuron    C. Spinal cord    D. Nerve
2. What is the fluid portion of the blood?  
A. Hemoglobin    B. Synovial Fluid    C. Plasma    D. Intracellular fluid
3. Identify the longest bone in the human body:  
A. Femur    B. Scapula    C. Metacarpal    D. Clavicle
4. Identify the band of connective fibrous tissue that connects two bones at the joint and gives stability to the joint:  
A. Tendon    B. Ligament    C. Synovial membrane    D. Bursa
5. Identify the muscle that belongs to upper portion of hand:  
A. Quadriceps    B. Soleus    C. Biceps Brachi    D. Biceps Femoris

6. Identify the Pace maker of the human heart:

- A. SA node B. AV node C. Purkinje fibers D. Ventricle

7. The heart sounds (lub- dub) are produced because of the following:

- A. Opening of heart valves B. Closing of Aorta C. Closing of heart valves D. Opening of Aorta

8. The term "Peristalsis" is associated to this system of the human body:

- A. Excretory system B. Nervous system C. Endocrine system D. Digestive system

9. \_\_\_\_\_ determine the Physical and chemical reactions of fluids in human body.

- A. Proteins B. Lipids C. Electrolytes D. Cholesterol

10. How many deciduous (milk) teeth are seen in infants?

- A. 20 B. 22 C. 26 D. 18

11. Thirst centre is located in this part of the brain:

- A. Cerebrum B. Hypothalamus C. Medulla D. Pons

12. Calcium balance in the body is controlled by this gland:

- A. Adrenal gland B. Pituitary gland C. Parathyroid gland D. Salivary glands

13. Resistance form of training improves the following basic quality of fitness:

- A. Flexibility B. Strength C. Endurance D. Agility

14. One pound (lb) of body fat is roughly equivalent to how many kilo calories?

- A. 3500 B. 4000 C. 1000 D. 500

15. Identify the important shoulder muscle in the human body:

- A. Gastrocnemius B. Gluteus maximus C. Sartorius D. Deltoid

16. Identify the "Six Pack" muscle of the human body.

- A. Rectus Femoris B. Quadriceps C. Rectus Abdominus D. External Oblique abdominus.

17. Identify fat soluble vitamins:

- A. ABC B. DEK C. ADC D. DKB

18. The yoga sage Pathanjali pioneered the following yoga:

- A. Raja yoga B. Kundalini Yoga C. Ashtanga Yoga D. Divya Yoga

19. Identify the main metabolite that contributes for energy during the long distance running:

- A. Fats B. Carbohydrates C. Proteins D. Minerals

20. Identify the structural and functional unit of kidney.  
A. Urethra B. Minor calyx C. Papilla D. Nephron
21. Identify the Stage I hypertension range for systolic aspect of blood pressure.  
A. 140-159 B. 120-129 C. 110-129 D. 160-169
22. Study of the muscles:  
A. Endocrinology B. Cardiology C. Mycology D. Myology
23. Excessive presence of circulating lipids in blood is a condition called:  
A. Hypolipidemia B. Hyperlipidemia C. Hypercalcaemia D. Hypernatramia.
24. To excel in long distance running, one needs the following fitness element more:  
A. Strength B. Agility C. Endurance D. Power
25. Which asana is recognized as king of Asanas in yoga?  
A. Halasana B. Bakasana C. Ashtavakrasana D. Shirshasana.

### SECTION B

26. Which country has won the recently concluded Football World Cup?  
A. Argentina B. Germany C. Brazil D. Spain.
27. Identify the biggest hip muscle of the human body:  
A. Biceps B. Gluteus Maximus C. SternoMastoid D. Trapezius.
28. Hormone 'Cortisol' is produced by this endocrine gland.  
A. Pituitary gland B. Adrenal gland C. Thyroid gland D. Pancreas
29. How many bones are there in an adult human skeleton?  
A. 211 B. 209 C. 206 D. 208
30. Which vitamin is important for absorption of calcium:  
A. Vitamin K B. Vitamin B6 C. Vitamin D D. Vitamin E.
31. Aerobic dancing mainly improves this aspect of fitness:  
A. Cardio respiratory endurance B. Strength endurance C. Flexibility D. Strength
32. Modern Olympics was first conducted in this city:  
A. Rome B. Olympia C. Paris D. Athens.
33. Which type of exercise form is most beneficial to prevent Cardiovascular Diseases?  
A. Weight training B. Distance running C. Pilates D. Sprinting.

34. Loss of body fluid may be termed as:  
A. Hyperhydration B. Dehydration C. Hyperkalamia D. Rehydration.
35. How many curves are there in an adult human's spine?  
A. Two B. One C. Four D. Six
36. Identify the disease that is a metabolic disorder due to physical inactivity:  
A. Hypertension B. Atherosclerosis C. Diabetes D. Hypotension.
37. One calorie(c) is equivalent to how many joules?  
A. 4 B. 5 C. 6 D. 7
38. What is the scientific name for the Vitamin B<sub>1</sub>?  
A. Riboflavin B. Thiamin C. Nicotinic acid D. Ascorbic acid.
39. Identify the instrument used to measure the strength of an individual:  
A. Dynamometer B. Flex measure C. Spiro meter D. Goniometer.
40. Which hormone facilitates glucose transport into the cells?  
A. Serotonin B. Thyroxin C. Glucagon D. Insulin.
41. Identify the blood vessel that returns the blood to the heart:  
A. Pulmonary vein B. Aorta C. Right Pulmonary artery D. Left pulmonary artery.
42. Which valve controls blood regulation between right atrium and right ventricle?  
A. Pulmonary semilunar valve B. aortic semilunar valve C. Tricuspid valve D. Bicuspid valve.
43. Tendon is a part of this:  
A. Bone B. Muscle C. Nerve D. Skin
44. Identify the name of Blood circulation to the heart muscle:  
A. Coronary circulation B. Renal circulation C. Hepatic circulation D. Pulmonary circulation.
45. The scientific name for the wind pipe of lungs:  
A. Alveoli B. Pleura C. Trachea D. Epiglottis.
46. 'Butterfly stroke' is associated to this sport:  
A. Running B. Squash C. Table tennis D. Swimming
47. Most of the human body joints work on this category of lever principle:  
A. First class B. Second class C. Third class D. Fourth class.
48. What is the approximate distance in kilometers of a "Marathon run"?  
A. 41 km B. 45 Km C. 39 km D. 44 km.

49. Identify the important muscle for respiration activity:  
A. Elevator Scapula B. Diaphragm C. Internal Oblique D. Serratus Anterior.
50. Loss of sodium due to severe exercise leads to the following condition:  
A. Muscle cramps B. Muscle strain C. Sprain D. Muscle spasm.
51. Identify the current 100 meters sprint running record holder:  
A. Ben Johnson B. Tim Montgomery C. Usain Bolt D. Malcolm Twain.
52. Identify the measure to understand the lungs capacity of an individual:  
A. Tidal volume B. Inspiratory reserve C. Expiratory reserve D. Vital capacity.
53. Which famous athlete is considered as Payyoli express?  
A. Shiny Abraham B. PT Usha C. Srija Sridharan D. Valsamma
54. Identify the person/organization that defined health “as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”:  
A. J.F. Williams B. World Health Organisation C. Alan Woods D. Thomas Wood
55. St John Ambulance Service is associated to the following:  
A. First aid B. Sports Medicine C. Mental Health D. Spiritual Health.
56. “World Health Day” is observed on this day:  
A. 10<sup>th</sup> April B. 7<sup>th</sup> August C. 7<sup>th</sup> April D. 10<sup>th</sup> August.
57. ‘Scoliosis’ is a deformity to this part of skeleton:  
A. Skull B. Lower extremity C. Upper extremity D. Spinal column
58. Which one of the following is an example for Polysaccharides (complex carbohydrates)?  
A. Sucrose B. Lactose C. Starch D. Glucose.
59. Which mineral is abundant in the human body?  
A. Phosphorus B. Calcium C. Sodium D. Potassium.
60. Which of the following vegetables is rich source of Sodium?  
A. Lady fingers B. Pumpkin C. Beans D. Carrot.
61. On which date in 2011 the “World Run Day” will be celebrated?  
A. 6<sup>th</sup> October B. 6<sup>th</sup> November C. 6<sup>th</sup> December D. 6<sup>th</sup> September.

Following two questions (62 and 63) are based on the basis of following information. Study it carefully and answer the questions.

Eight Executives J, K, L, M, N, O, P and Q are sitting around a circular table for a meeting. J is second to the right of P who is third to the right of K. M is second to the left of O who sits between P and J, L is not a neighbor of K or N.

62. Who is to the immediate left of K?

- A. N B. J C. Q D. O

63. Who is third to the right of P?

- A. L B. J C. Q D. N

64. In a row of children facing north Manish is fourth to the left of Suresh who is tenth from the left end. Nisha is second to the right of Suresh and eighth from the right end of the row. Total how many children are there in the row?

- A. 19 B. 20 C. 21 D. 22

65. In a certain code ROPE is written as \$3%6 and RITE is written as \$4#6. How is PORT written in that code?

- A. %4\$# B. \$3%# C. \$64% D. %3\$#

66. If the digits of the number 5726489 are arranged in ascending order, how many digits will remain at the same position?

- A. One B. None C. Three D. Two

67. Eritrea, which became 182<sup>nd</sup> member of the UN in 1993 is in the continent of:

- A. Asia B. Africa C. North America D. South America

68. He is a mathematician and astronomer of 12<sup>th</sup> century. His name is associated with India's seventh satellite. Who is he?

- A. Bhaskara I B. Aaryabhata C. Varahamihira D. Bhaskara II

69. Who invented the Ballpoint pen?

- A. Bicc brothers B. Waterman Brothers C. Biro brothers D. Write brothers.

70. What James Watt invented?

- A. Diving bell B. Rotary steam engine C. Steam Boat D. Hot air balloon.

71. Who is the author of the book 'Forbidden Verses'?

- A. Salman Rusdie B. Abu Nuwas C. Taslima Nasreen D. DH Lawrence.

72. 'Vande mataram' was first sung at the session of the Indian National Congress in:

- A. 1892 B. 1894 C. 1896 D. 1890

73. Who was the first Indian to reach semi final in Wimbledon Tennis championships?  
A. Ramesh Krishnan B. Vijay Amritraj C. Ramanathan Krishnan D. Leander Paes

74. Who was the first ODI captain for India?  
A. Ajit Wadekar B. Bishen Singh Bedi C. Vinoo Mankad D. Nawab Pataudi

75. Ordinary table salt is Sodium Chloride. What is Baking soda?  
A. Potassium Chloride B. Potassium Carbonate C. Potassium Hydroxide D.  
Sodium Bicarbonate.

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