

**University of Hyderabad**  
**Post Graduate Diploma in Health Fitness and Lifestyle management**  
**Entrance examination – 2010**

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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 8 ( Eight ) 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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**PART A**

1. Study related to human skeletal system is:  
A) Myology B) Neurology C) Osteology D) Splanchnology.
2. Which one of the following is related to Diabetes Mellitus?  
A) Parathyroid B) Pancreas C) Gonads D) Adrenal gland.
3. Which instrument is used to hear the heart sounds of a person?  
A) Cardiograph B) Sphygmomanometer C) Encephalograph D) Stethoscope
4. Identify the substance mainly responsible to build and repair the tissues:  
A) Proteins B) Carbohydrates C) Vitamins D) Minerals.

5. The energy equivalent (in Kcal) of 0.50 kilogram of body fat is:  
A) 3500 B) 4500 C) 2500 D) 1500.
6. A condition in which the arterial lumen is narrowed by fatty deposits:  
A) Hypertension B) Atherosclerosis C) Diabetes D) Hypercholesterolemia.
7. A substance with cancer preventive role is:  
A) Protein B) Electrolyte C) Anti-oxidant D) Carbohydrate
8. Epinephrine is produced by:  
A) Adrenal cortex B) Adrenal medulla C) Anterior Pituitary D) Posterior pituitary
9. Bile juice is secreted by  
A) Pancreas B) Small Intestine C) Large intestine D) Liver.
10. Blood constituent that carries carbon dioxide  
A) Albumin B) Oxytocin C) Hemoglobin D) Plasminogen.
11. Identify the volume of air( in ml ) during an ordinary inspiration or expiration of humans under normal conditions.  
A) 1000 B) 500 C) 1500 D) 100
12. Normal resting Systolic blood pressure of a healthy individual is (mm Hg)  
A) 130 B) 110 C) 80 D) 120
13. The apex body in the world, which looks after the "Olympics"  
A) International Olympic Committee B) International Olympic Association  
C) World Olympic Association D) World Olympic Committee.
14. Identify the water soluble vitamin:  
A) Vitamin A B) Vitamin E C) Vitamin D D) Vitamin C.

15. Mineral abundantly present in Milk:  
A) Potassium B) Calcium C) Magnesium D) Selenium.
16. Muscle cramps are caused due to the deficiency of  
A) Sodium B) Magnesium C) Calcium D) Zinc.
17. The organ of which directly participates in controlling the human body temperature?  
A) Kidney B) Skin C) Large intestine D) Small intestine.
18. The outer layer of bone is  
A) Haversian canal B) Lamella C) Periosteum D) Epiphysis.
19. Fitness of the individual that determines long duration running capacity  
A) Anaerobic B) Muscular C) Aerobic D) Emotional.
20. Goitre is not caused by  
A) Iodine deficiency B) Thyroid cancer C) Iron deficit D) Thyroiditis
21. Osteoporosis is a disease related to:  
A) Muscles B) Liver C) Bones D) Skin.
22. Storage Fat is abundant in  
A) Skeletal tissue B) Muscular tissue C) Nervous tissue D) Adipose tissue.
23. Which type of joint in our body can allow movements in all the planes?  
A) Hinge joint B) Ball and socket joint C) Glide joint D) Ellipsoid joint
24. Longest bone in the human body is:  
A) Sternum B) Ulna C) Femur D) Radius
25. Resistance or strength training mainly helps to tone up \_\_\_\_\_ system of our body.  
A) Endocrine B) Muscular C) Circulatory D) Respiratory.

## PART B

26. "Ashtanga Yoga" was first described by  
A) Yogi Nityananda B) Yogi Mascheendra  
C) Yogi Patanjali D) Yogi Mahendranath.
27. How many bones are there in an adult vertebral column ?  
A) 30 B) 28 C) 22 D) 26
28. Name the longest muscle in the human body:  
A) Gluteus maximus B) Sartorius C) Hamstrings D) Triceps.
29. Identify the main artery that emerges from left ventricle of the heart:  
A) Aorta B) Pulmonary artery C) Right coronary artery D) Descending artery.
30. How many pairs of ribs are there in the human skeleton?  
A) 24 B) 12 C) 6 D) 9
31. Identify the medical condition of self imposed starvation to lose and then maintain very low body weight:  
A) Bulimia B) Obsessive behavior C) Anorexia nervosa D) Insomnia.
32. Rickets is caused due to the deficiency of  
A) Vitamin C B) Vitamin D C) Vitamin A D) Vitamin K
33. Muscle stretching exercises contribute to the improvement in  
A) Strength B) Endurance C) Speed D) Flexibility
34. What is the functional unit of the renal system?  
A) Neuron B) Fascicule C) Néphron D) Ostéocyte.
35. Which gland is considered as the master gland of the human body?  
A) Thyroid B) Adrenal C) Pancreas D) Pituitary.

36. Which one of the carbohydrate form is considered as 'monosaccharide'?
- A) Glucose    B) Lactose    C) Glycogen    D) Cellulose.
37. What is the instrument used to measure the lung capacity of the individuals?
- A) Dynamometer    B) Spirometer    C) Goniometer    D) Flexomeasure.
38. Which part of the brain has the Cardio-respiratory centre?
- A) Hypothalamus    B) Pons    C) Medulla oblongata    D) Motor cortex.
39. Cardiac stroke volume ( in ml ) of a healthy adult individual is approximately:
- A) 90    B) 120    C) 50    D) 70
40. Vitamin abundant in wheat germ oil
- A) Vitamin E    B) vitamin A    C) Vitamin D    D) Vitamin C
41. Which of the following muscles is put to special training to derive six pack at abdomen?
- A) Gluteus maximus    B) Rectus Femoris    C) Rectus abdominus    D) Latissimus dorsi.
42. Good cholesterol is in association with the lipoprotein of density:
- A) Very low    B) High    C) Low    D) Intermediate
43. Which one of the diseases is considered as Cardio vascular disease?
- A) Diabètes mellitus    B) Filariasis    C) Hypertension    D) Osteoarthritis.
44. Identify the blood circulation through which the deoxygenated blood becomes oxygenated?
- A) Hepatic    B) Portal    C) Cardiac    D) Pulmonary
45. Which one of the following is a trunk muscle?
- A) Latissimus dorsi    B) Deltoid    C) Quadriiceps    D) Soleus.
46. Which blood group is recognized as the " Universal recipient " ?
- A). " O "    B). "B"    C) "AB"    D). " A "

47. Obesity of a person is decided on the basis of:
- A) Percentage of bone weight    B) Percentage of water weight  
C) Percentage of fat weight    D) Percentage of muscle weight.
48. First individual medal by an Indian at Olympics was won by:
- A) P.T. Usha    B) K.D.Jadav    C) Leander Paes    D) Vijaypal Singh
49. Modern Olympics was conducted for the first time in 1896 at:
- A) Paris    B) Athens    C) Rome    D) London
50. Shuttle Badminton originated in
- A) Great Britain    B) France    C) India    D) Afghanistan.
51. In which of the following Vitamin K is abundant:
- A) Egg white    B) Carrot    C) Drumsticks    D) Cabbage.
52. If "XEROX MACHINE" is coded as "AHURA PDLQH": What is the code for "POWER"?
- A) SZHUR    B) SRZHU    C) SHUZR    D) SRZUH
53. What is the official distance of Marathon run?
- A) 26 miles 265 yards    B) 24 miles 385 yards  
C) 26 miles 385 yards    D) 24 miles 385 yards.
54. Who is considered as the modern Yoga guru?
- A) Patanjali    B) P.K. Pandey    C) Amit Khanna    D) BKS Iyengar.
55. What is the normal and healthy individual's core body temperature?
- A) 98.6°F    B) 96.8°F    C) 98°F    D) 96°F
56. Loss of heat through sweat mechanism is \_\_\_\_\_.
- A) Radiation    B) Evaporation    C) Convection    D) Conduction.

57. The energy equivalent of 1 gram of carbohydrate is ( in Kcal )?  
A) 6 B) 5 C) 3 D) 4
58. Which asana is considered as 'King of Asanas'?  
A) Shalabhasana B) Ashtavakrasana C) Mayurasana D) Shirshasana.
59. Exercising in hot and humid climatic conditions can lead to loss of fluid in the body, and this depletion of body fluid is called as:  
A) Thermoregulation B) Dehydration C) Rehydration D) Water intoxication.
60. Identify the arm muscle from among the following:  
A) Biceps Brachialis B) Sartorius C) Diaphragm D) Vastus Lateralis.
61. Oxygenated blood leaves the heart from:  
A) Right Ventricle B) Right Atrium C) Left Atrium D) Left Ventricle.
62. Which of the following vitamins is vital in protecting the bone density?  
A) Vitamin E B) Vitamin D C) Vitamin A D) Vitamin B12
63. Chronic Excessive alcohol consumption affects:  
A) Heart B) Brain C) Liver D) Colon.
64. Find the missing numbers in the sequence:  
6, 8, 11, 15, 16, , , 25.  
A) 17, 23 B) 17, 18 C) 18, 21 D) 18, 23
65. Find out 10% of 20% of 30% of 300:  
A) 18.8 B) 1.8 C) 10.8 D) 10
66. On which day the 'World Diabetes Day' is observed?  
A) 10<sup>th</sup> November B). 10<sup>th</sup> October C). 14<sup>th</sup> November D). 14<sup>th</sup> October.

- 67.. Insulin is produced by
- A) Alfa cells of Pancreas      B) Beta cells of Pancreas  
C.) Hepatocytes of Liver      D) . Follicular cells of Thyroid
68. World's fastest human being title is held by:
- A) Carl Lewis   B). Usain Bolt   C). Calvin Smith   D). Dwain Chambers
69. Number of curves in the human spine:
- A). Four   B). Six   C). Three   D). Five
- 70 Which one of the following muscles is in the foreleg?
- A). Tibialis   B). Sternomastoid   C). Triceps   D). Hamstrings.
71. Which one of the following is a Cardio equipment?
- A) Bosu balance   B). Motorised treadmill   C) Lat machine   D). Theraband.
72. Identify the blood cell that precipitates in the clotting of blood:
- A). Platelet   B). Lymphocyte   C). Macrophage   D). Monocyte
- 73). Who invented vaccine for Rabies?
- A). Casimir Funk   B)..Gowland . Hopkins  
C). Louis Pasteur   D). Edward Jenner
74. In typhoid disease the infection is mainly localized in the
- A) . Liver   B) . Brain   C) . Eyes   D) . Intestines.
75. Major energy source in the food for the body function is derived from:
- A). Proteins   B). Minerals   C). Vitamins   D). Carbohydrates.