

**LPUNEST – Ph.D. Physical Education
(Sample Questions)**

QUESTION 1

- Option A
- Option B
- Option C
- Option D

The instrument used for measuring range of motion in joint is

- Caliper
- Goniometer
- Dynamometer
- All of these

QUESTION 2

- Option A
- Option B
- Option C
- Option D

How many skin fold are taken for measurement of fat in human body?

- Two
- Four
- Three
- None of these

QUESTION 3

- Option A
- Option B
- Option C
- Option D

Caliper measured

- Height
- Weight
- Width
- Circumference

QUESTION 4

- Option A
- Option B
- Option C
- Option D

Split half method is used to test

- Validity
- Reliability
- Objectivity
- Subjectivity

QUESTION 5

- Option A
- Option B
- Option C
- Option D

Which component of fitness would match the lactic acid energy system?

- Aerobic Capacity
- Muscular Power
- Muscular Endurance
- Flexibility