

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 3

Total Questions	20
Maximum Marks	20
Duration	24 Minutes
Marking Scheme	+1 for correct answer; No negative marking
Mode	Online CBT
Question Type	Single-correct MCQ (4 options each)

Instructions

1. This paper contains **20 questions** carrying **1 mark each**.
2. Each question has **four options (A, B, C, D)**; select only one correct answer.
3. There is **no negative marking** for wrong answers.
4. The total duration of this paper is **24 minutes**.
5. Do not spend too much time on any single question; manage your time wisely.
6. Rough work, if any, should be done on the separate sheet provided.

Section A — Sports Awards & Schemes (Q1–Q5)

- Q1.** The Khelo India Youth Games 2024 were hosted by which Indian state, making it the first time this state hosted the prestigious multi-sport event for youth athletes?
- (A) Punjab
(B) Rajasthan
(C) Tamil Nadu
(D) Madhya Pradesh
- Q2.** Javelin champion Neeraj Chopra was conferred which Padma award in 2024 — the country's second highest civilian honour — recognising his exceptional service to sports?
- (A) Padma Shri

- (B) Padma Bhushan
- (C) Bharat Ratna
- (D) Padma Vibhushan

Q3. National Sports Federations (NSFs) in India are affiliated to which apex body that provides them recognition and financial support for conducting national championships and selecting players for international competitions?

- (A) Ministry of Youth Affairs and Sports (MYAS), Government of India
- (B) Olympic Association of India (IOA) exclusively
- (C) Sports Authority of India (SAI) alone
- (D) NITI Aayog's Sports Division

Q4. The Target Olympic Podium Scheme (TOPS) was launched by the Ministry of Youth Affairs and Sports in 2014 with the primary objective of:

- (A) Building sports infrastructure in rural areas under MGNREGA
- (B) Identifying and supporting potential Olympic and Paralympic medal prospects with training, equipment, and competitive exposure
- (C) Providing monthly pension to retired Olympic medallists
- (D) Funding construction of indoor stadia in Tier-2 cities

Q5. The Government of India launched 'Khelo India Para Games' to promote sports among athletes with disabilities. The first edition of the Khelo India Para Games was held in which year?

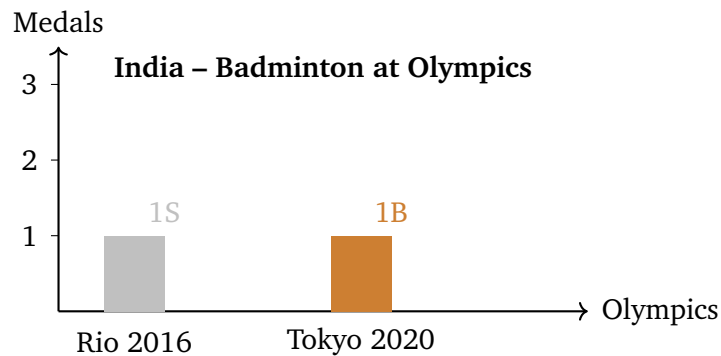
- (A) 2018
- (B) 2020
- (C) 2023
- (D) 2025

Section B — Olympic Games (Q6–Q10)

Q6. The chart below shows India's women's badminton achievements at the Olympics. PV Sindhu's medal at Rio 2016 was a silver and at Tokyo 2020 was a bronze. If India won 1 silver and 1 bronze from badminton at these



two Olympics, how many TOTAL badminton medals did India win across the Rio 2016 and Tokyo 2020 Olympics combined?



- (A) 1 total medal
- (B) 3 total medals
- (C) 0 medals (Sindhu won gold both times)
- (D) 2 total medals (1 silver + 1 bronze)

Q7. Sushil Kumar became only the second Indian individual athlete to win medals at two different Olympic Games. His two medals were won in which discipline at which Olympics?

- (A) Wrestling (freestyle) — Bronze at Beijing 2008 and Silver at London 2012
- (B) Boxing — Bronze at Athens 2004 and Silver at Beijing 2008
- (C) Wrestling — Silver at Athens 2004 and Gold at Beijing 2008
- (D) Judo — Bronze at Sydney 2000 and Bronze at Athens 2004

Q8. The concept of an 'Olympic Village' — providing athletes' accommodation at a central residential complex at the Games venue — was first introduced at which Olympic Games?

- (A) 1896 Athens Summer Olympics
- (B) 1924 Paris Summer Olympics
- (C) 1936 Berlin Summer Olympics
- (D) 1948 London Summer Olympics

Q9. The 1984 Los Angeles Summer Olympics were affected by a political boycott led by the Soviet Union. How many countries joined this boycott, and



what was the primary stated reason?

- (A) 65 countries boycotted to protest US involvement in Vietnam
- (B) 14 countries boycotted due to South Africa's apartheid policies
- (C) 14 countries (led by USSR) boycotted citing security concerns and anti-Soviet sentiment — a retaliatory response to the 1980 Moscow boycott
- (D) 50 countries boycotted due to commercialisation of the Olympic Games

Q10. The Paris 2024 Summer Olympics featured how many sports on the official programme? (Breaking/breakdance was included as a new sport.)

- (A) 28 sports
- (B) 30 sports
- (C) 33 sports
- (D) 32 sports

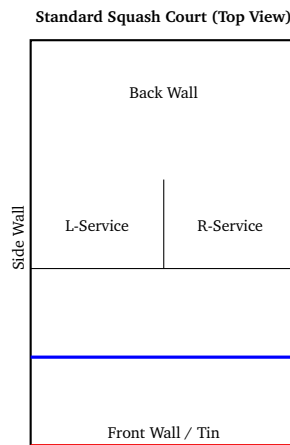
Section C — Current Affairs in Sports (Q11–Q15)

Q11. Pankaj Advani is India's most decorated cue sports player. By 2024, how many world titles has he won across billiards and snooker, making him arguably the greatest cue sports player in history?

- (A) 26 world titles (across billiards and snooker, long-form and short-form)
- (B) 10 world titles
- (C) 15 world titles
- (D) 8 world titles

Q12. The diagram below shows a standard squash court. Saurav Ghosal, India's top squash player, achieved which historic feat at the World Squash Championships 2023?





- (A) Won the PSA World Championship gold for the first time
- (B) Became the first Indian to reach the semi-finals of the PSA World Squash Championships
- (C) Won the Asian Squash Championship for a record 5th time
- (D) Secured a world ranking of No. 1 in men's squash

Q13. At the World Wrestling Championships 2023 held in Belgrade, Serbia, which young Indian wrestler created history by winning a gold medal — India's first individual gold at the Women's World Wrestling Championship?

- (A) Vinesh Phogat (50 kg)
- (B) Sakshi Malik (65 kg)
- (C) Antim Panghal (53 kg)
- (D) Bajrang Punia (65 kg)

Q14. At Roland Garros 2024 (French Open), which player won the Men's Singles title by defeating Alexander Zverev in the final, claiming his first French Open and third Grand Slam overall?

- (A) Rafael Nadal (Spain)
- (B) Novak Djokovic (Serbia)
- (C) Jannik Sinner (Italy)
- (D) Carlos Alcaraz (Spain)

Q15. Which club won the Indian Super League (ISL) 2023–24 title, their first ISL championship, defeating Mumbai City FC in the final?



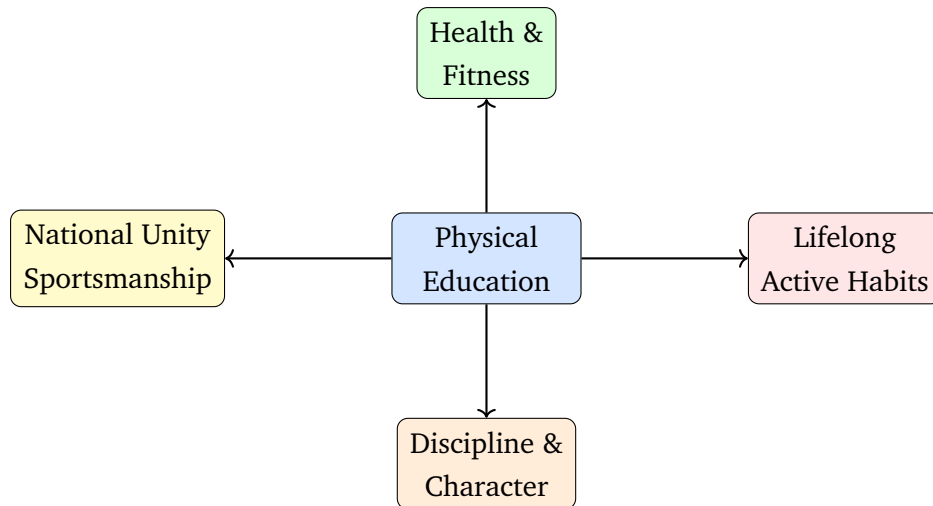
- (A) Mohun Bagan Super Giant (Kolkata)
- (B) Bengaluru FC
- (C) Chennaiyin FC
- (D) ATK FC

**Section D — Teacher Aptitude &
Professional Ethics (Q16–Q20)**

- Q16.** Albert Bandura's Social Learning Theory emphasises that people learn by observing others. In physical education, this principle is best demonstrated when:
- (A) Students are given written assignments about the history of a sport
 - (B) A PE teacher demonstrates the correct technique for a forward roll and students imitate and practise the observed skill
 - (C) Students individually research the rules of a game from a textbook
 - (D) Athletes receive written feedback reports about their performance
- Q17.** When a sports student pauses during a game, reflects on why their passing technique was failing, adjusts their approach, and monitors whether the change worked, they are demonstrating:
- (A) Extrinsic motivation driven by external rewards
 - (B) Psychomotor domain learning at the automated stage
 - (C) Metacognition — thinking about one's own thinking and self-regulating learning
 - (D) Affective domain development through social interaction
- Q18.** A PE teacher conducts a 'fitness test' at the END of a semester to assign final grades and report student progress to parents. This type of assessment is best described as:
- (A) Formative assessment — aimed at improving ongoing learning
 - (B) Diagnostic assessment — identifying initial learning difficulties
 - (C) Peer assessment — evaluated by fellow students
 - (D) Summative assessment — evaluating student achievement at the conclusion of a learning period



Q19. The diagram below shows how Physical Education (PE) contributes to national development through multiple pathways. Which of the following BEST captures the PRIMARY role of physical education in the Indian school curriculum?



- (A) To develop holistic well-being — physical, social, emotional, and moral development of students
- (B) Only to prepare athletes for inter-school tournaments
- (C) To replace academic subjects for physically gifted students
- (D) To serve as a recreational break from academic study

Q20. A PE teacher gives a pre-game briefing to the team, outlining strategy, and then invites players to ask questions and share concerns before the match. This interaction represents which type of communication?

- (A) One-way (downward) communication with no feedback loop
- (B) Two-way (interactive) communication allowing for feedback and dialogue
- (C) Non-verbal communication through gestures and body language
- (D) Written communication via tactical chalkboard notes



Detailed Solutions

Teacher Aptitude & Sports Related Knowledge — Paper 3

Section A — Sports Awards & Schemes

Q1. Khelo India Youth Games 2024 host state.

Answer: (C)

Solution

Correct Answer: (C) Tamil Nadu.

The Khelo India Youth Games (KIYG) 2024 were hosted in **Tamil Nadu**, primarily at venues in Chennai, with competitions also held in Madurai and other cities. This was the **first time** Tamil Nadu hosted the prestigious KIYG, a multi-sport competition for youth athletes (generally under 18 years of age). The Games are a flagship initiative of the Ministry of Youth Affairs and Sports, held annually since 2018, aimed at unearthing sporting talent from the grassroots level across India. Previous editions were hosted by Maharashtra (2018), Goa (2019), Haryana (2021), Panchkula/Haryana (2022), and Madhya Pradesh (2023). Options A (Punjab), B (Rajasthan), and D (Madhya Pradesh — the previous year's host) are all incorrect for the 2024 edition.

Q2. Neeraj Chopra Padma award in 2024.

Answer: (D)

Solution

Correct Answer: (D) Padma Vibhushan.

Javelin champion **Neeraj Chopra** was conferred the **Padma Vibhushan** — India's second-highest civilian honour — in 2024. He had earlier received the **Padma Shri** in 2018 (following his World Under-20 Championship gold in 2016). After his historic **Olympic gold** at Tokyo 2020 and the **World Athletics Championship gold** in Budapest 2023 (making him the first Indian to win a World Athletics title), he was elevated to Padma Vibhushan. The Padma hierarchy in ascending order is: Padma Shri → Padma Bhushan → Padma Vibhushan → Bharat Ratna. Option A (Padma Shri) is the award he already held. Option B (Padma Bhushan) is the third-highest, which he skipped. Option C (Bharat Ratna) is the highest civilian honour — not conferred on Neeraj in 2024.

Q3. National Sports Federations apex body in India.

Answer: (A)



Solution

Correct Answer: (A) Ministry of Youth Affairs and Sports (MYAS), Government of India.

National Sports Federations (NSFs) in India are recognised by and affiliated to the **Ministry of Youth Affairs and Sports (MYAS)**, which is the apex government body for sports governance in the country. MYAS provides NSFs with formal recognition, Annual Calendar for Training and Competition (ACTC) grants, and financial support for conducting national championships, selection trials, and sending athletes to international events. The **Indian Olympic Association (IOA)** — Option B — handles Olympic representation but is not the body that recognises and funds NSFs in the broader governance framework. The **Sports Authority of India (SAI)** — Option C — manages training centres, academies, and schemes such as TOPS; it is an autonomous body under MYAS and does not directly affiliate NSFs. Option D (NITI Aayog's Sports Division) has no direct sports governance or affiliation role.

Q4. Target Olympic Podium Scheme (TOPS) primary objective.

Answer: (B)

Solution

Correct Answer: (B) Identifying and supporting potential Olympic and Paralympic medal prospects.

The **Target Olympic Podium Scheme (TOPS)**, launched in 2014 by the Ministry of Youth Affairs and Sports, aims to **identify and nurture elite athletes** who have a realistic chance of winning medals at the upcoming Olympic and Paralympic Games. TOPS operates in two phases: (i) **Core Group** — elite athletes in direct preparation for the next Olympics, receiving customised international training, equipment, and financial support; and (ii) **Development Group** — younger athletes with future potential who receive structured development support. TOPS provides individualised training programs, foreign training exposure, high-quality equipment, specialised coaching, physiotherapy, and monthly out-of-pocket allowances. Option A (rural infrastructure under MGNREGA) is wrong — MGNREGA is a rural employment scheme with no link to elite sport. Option C (monthly pension for retired medallists) describes a different scheme entirely. Option D (indoor stadia in Tier-2 cities) refers to infrastructure development, not athlete support.

Q5. Khelo India Para Games first edition year.

Answer: (C)



Solution

Correct Answer: (C) 2023.

The **first edition of the Khelo India Para Games** was held in **2023 in New Delhi**. It featured **seven para-sports disciplines**: Para Athletics, Para Badminton, Para Archery, Para Shooting, Para Table Tennis, Blind Cricket (demonstration event), and Wheelchair Basketball. The event marked India's formal commitment to developing para-sports at the grassroots and competitive levels, inspired by India's growing success at the Paralympics — India won 19 medals at the Tokyo 2020 Paralympics. The Khelo India Para Games is distinct from the Khelo India Youth Games (for under-18 able-bodied athletes) and the Khelo India University Games. Options A (2018) and B (2020) are too early; Option D (2025) is in the future relative to the inaugural edition.

Section B — Olympic Games

Q6. Total India badminton medals at Rio 2016 and Tokyo 2020 combined.

Answer: (D)

Solution

Correct Answer: (D) 2 total medals (1 silver + 1 bronze).

The bar chart clearly shows India winning **1 medal at Rio 2016** (the silver bar labelled "1S") and **1 medal at Tokyo 2020** (the bronze bar labelled "1B"), giving a combined total of $1 + 1 = 2$ medals. Factually: **PV Sindhu** won the **Silver** at Rio 2016 (losing the final to Carolina Marín of Spain in three sets) and the **Bronze** at Tokyo 2020 (defeating He Bingjiao of China in the bronze-medal match). She is the only Indian athlete to win individual medals at two successive Olympic Games, and India's only badminton medals in both of these Olympics came from her. Option A (1 medal) ignores the Tokyo 2020 bronze. Option B (3 medals) overcounts. Option C is factually incorrect — Sindhu did not win gold at either event.

Q7. Sushil Kumar's two Olympic medals: discipline and Games.

Answer: (A)

Solution

Correct Answer: (A) Wrestling (freestyle) — Bronze at Beijing 2008 and Silver at London 2012.

Sushil Kumar is one of India's greatest wrestlers and most decorated Olympians. He won a **Bronze medal** in men's freestyle wrestling (66 kg category) at the **Beijing 2008** Olympics, defeating Kazakhstan's Leonid Spiridonov in the bronze-medal bout. He then won a **Silver medal** in the same weight class at the **London 2012** Olympics, losing the



final to Japan's Tatsuhiro Yonemitsu. With these two medals at successive Olympics, he became only the **second Indian individual athlete** — after Leander Paes (tennis bronze at Atlanta 1996 and doubles bronze at Sydney 2000) — to win Olympic medals at two different Games. Option B (boxing) is wrong — Sushil is a wrestler, not a boxer. Option C (silver at Athens 2004) is wrong — he did not medal at Athens. Option D (judo) is entirely incorrect.

Q8. First Olympic Village: which Games introduced the concept.

Answer: (B)

Solution

Correct Answer: (B) 1924 Paris Summer Olympics.

The concept of an **Olympic Village** — a dedicated, centralised residential complex for athletes during the Games — was first introduced at the **1924 Paris Summer Olympics**. The original village was a simple facility of wooden huts and basic amenities near the athletics track in Colombes, but it established the defining tradition of housing all competing athletes together in one location to foster international camaraderie. At the **1896 Athens Olympics** — Option A — there was no organised village; athletes arranged their own lodging across the city. The **1936 Berlin Olympics** — Option C — had a purpose-built, more elaborate village for male athletes. The **1948 London Olympics** — Option D — utilised converted military barracks. Notably, the **Paris 2024 Olympics** brought the village full circle to Paris, building a modern, sustainable Olympic Village on the banks of the Seine.

Q9. 1984 Los Angeles Olympics boycott: countries and reason.

Answer: (C)

Solution

Correct Answer: (C) 14 countries (led by USSR) boycotted citing security concerns and anti-Soviet sentiment.

The **1984 Los Angeles Summer Olympics** were boycotted by the **Soviet Union and approximately 13 allied nations** — including East Germany, Cuba, Bulgaria, Czechoslovakia, Hungary, Poland, and others — totalling around 14 boycotting countries. The official stated reason was concern about the **safety** and security of Soviet athletes on US soil and what they characterised as **anti-Soviet sentiment** in America. However, it was widely understood internationally as a **direct retaliation** for the **US-led boycott of the 1980 Moscow Olympics**, in which approximately 65 countries refused to participate to protest the Soviet invasion of Afghanistan in 1979. Option A is wrong: it was the 1980 Moscow boycott that involved 65 countries, and Vietnam was not the stated reason for



any Olympic boycott. Option B confuses the boycott with South Africa's exclusion from the Olympics (1964–1988) due to apartheid. Option D is incorrect in both the number and the stated reason.

Q10. Number of sports at the Paris 2024 Summer Olympics.

Answer: (D)

Solution

Correct Answer: (D) 32 sports.

The **Paris 2024 Summer Olympics** (26 July – 11 August 2024) featured **32 sports** encompassing 329 events. The most notable addition was **Breaking (breakdance)**, which made its Olympic debut and was included **only for Paris 2024** — the IOC did not include it in the programme for Los Angeles 2028. Other sports that had debuted at Tokyo 2020 — Sport Climbing, Skateboarding, and Surfing — were retained for Paris. The IOC had established a framework of 28 core sports, with host cities able to propose additional sports; Paris exercised this option with Breaking. Option A (28) refers to the historical core programme count, not the Paris 2024 total. Option B (30) is incorrect. Option C (33) is one too many.

Section C — Current Affairs in Sports

Q11. Pankaj Advani's total world titles by 2024.

Answer: (A)

Solution

Correct Answer: (A) 26 world titles.

Pankaj Advani is unquestionably India's most decorated individual sportsperson in any single discipline. By 2024, he has accumulated an extraordinary **26 world titles** — the most ever won by any Indian athlete in any sport. His titles span multiple formats and disciplines: IBSF World Billiards Championship (long-form 150-up and short-form), IBSF World Snooker Championship, Asian Billiards Championship, Asian Snooker Championship, and the World Games. He won his **first world title** at the age of just 18 in 2003 (World Billiards Championship, long form). His extraordinary achievement of excelling in both billiards *and* snooker, in both long-form and short-form formats, across multiple decades, makes him arguably the greatest all-round cue sports player in history. Options B (10), C (15), and D (8) all significantly undercount his remarkable total.

Q12. Saurav Ghosal's historic feat at PSA World Squash Championships 2023.

Answer: (B)



Solution

Correct Answer: (B) Became the first Indian to reach the semi-finals of the PSA World Squash Championships.

At the **PSA World Squash Championships 2023** held in Cairo, Egypt, **Saurav Ghosal** created history by becoming the **first Indian player** — male or female — to reach the **semi-finals** of the World Squash Championships. He defeated higher-ranked opponents in the earlier rounds before losing to the eventual champion in the semi-finals, finishing joint 3rd/4th. This achievement marked a historic milestone for Indian squash and validated Ghosal's years of persistence on the international circuit. The squash court diagram above illustrates the playing surface: the red line at the base marks the “tin” (the lowest boundary on the front wall, below which shots are out), while the blue line marks the service line. Option A (winning the gold) is wrong — he reached the semis but did not win the title. Options C and D are factually incorrect for this occasion.

Q13. World Wrestling Championships 2023 gold medallist from India.

Answer: (C)

Solution

Correct Answer: (C) Antim Panghal (53 kg).

At the **2023 World Wrestling Championships** held in Belgrade, Serbia, **Antim Panghal** (then 19 years old) created history by winning the **gold medal** in the women's freestyle 53 kg category. This was **India's first-ever individual gold medal** won by an Indian woman at the World Wrestling Championships. In addition to the gold, her victory also secured India a **Paris 2024 Olympic quota** in the 53 kg weight class. She is coached by Virender Kumar at the Sports Authority of India centre in Lucknow. Option A (Vinesh Phogat) competed at 50 kg and has won World Championship medals, but not a gold at this edition. Option B (Sakshi Malik, 65 kg) is a former Commonwealth and Olympic bronze medallist but did not win gold here. Option D (Bajrang Punia) competes in men's 65 kg — a different category and gender.

Q14. Roland Garros 2024 Men's Singles winner.

Answer: (D)

Solution

Correct Answer: (D) Carlos Alcaraz (Spain).

Carlos Alcaraz of Spain won the **Roland Garros 2024** (French Open) Men's Singles title, defeating **Alexander Zverev** (Germany) in an epic five-set final: 6–3, 2–6, 5–7, 6–1, 6–2. This was Alcaraz's **first French Open title** and his **third Grand Slam overall**, following the US Open 2022 and Wimbledon 2023. He was 21 years old at



the time, becoming one of only a handful of players in history to win Grand Slams on three different surfaces before the age of 22. Option A (Rafael Nadal) did not compete at Roland Garros 2024 in the men's singles draw. Option B (Novak Djokovic) withdrew from the tournament due to a knee injury before his quarter-final match. Option C (Jannik Sinner) won the Australian Open 2024 and US Open 2024, but *not* Roland Garros.

Q15. ISL 2023–24 champions.

Answer: (A)

Solution

Correct Answer: (A) Mohun Bagan Super Giant (Kolkata).

Mohun Bagan Super Giant (MBSG), representing Kolkata, won the **Indian Super League (ISL) 2023–24** title — their **first-ever ISL championship**. They defeated **Mumbai City FC** in the final to claim the title. Mohun Bagan is one of India's oldest and most storied football clubs, founded in 1889 — the ISL championship added a prestigious modern trophy to their historic cabinet. The team was coached by **José Molina** during this successful campaign. The club was formed by the merger of ATK and Mohun Bagan Athletic Club, with the ATK branding later dropped and the club rebranded as Mohun Bagan Super Giant. Option B (Bengaluru FC) won the ISL in 2018–19. Option C (Chennaiyin FC) won in 2014–15 and 2017–18. Option D (ATK FC) is effectively the predecessor club that merged to form Mohun Bagan Super Giant.

Section D — Teacher Aptitude & Professional Ethics

Q16. Bandura's Social Learning Theory applied to physical education.

Answer: (B)

Solution

Correct Answer: (B) A PE teacher demonstrates the forward roll technique and students imitate and practise it.

Albert Bandura's Social Learning Theory (1977) posits that much human learning occurs through **observing and imitating the behaviour of others** ("models"), rather than solely through direct reinforcement. The theory identifies four cognitive processes that mediate observational learning: (1) **Attention** — noticing and focusing on the model's behaviour; (2) **Retention** — encoding and remembering the observed action; (3) **Reproduction** — physically replicating the observed skill; and (4) **Motivation** — having the incentive to perform the behaviour. In physical education, this is most directly



demonstrated when a **teacher models a motor skill** (e.g., demonstrating a forward roll) and **students watch and then attempt to replicate** it. Written assignments (Option A), textbook research (Option C), and written feedback reports (Option D) are knowledge-based activities that bypass the observational-imitation mechanism central to Bandura's theory.

Q17. Metacognition in sports: self-regulated thinking during a game.

Answer: (C)

Solution

Correct Answer: (C) **Metacognition** — thinking about one's own thinking and self-regulating learning.

Metacognition — a term coined by developmental psychologist John Flavell in 1979 — refers to an individual's **awareness, monitoring, and regulation of their own cognitive processes**. It is commonly described as “thinking about thinking.” In sports contexts, metacognition is demonstrated when an athlete: (1) **Pauses** to deliberately observe their own performance; (2) **Diagnoses** what is going wrong (recognises the problem with passing technique); (3) **Plans** a corrective adjustment; (4) **Implements** the change; and (5) **Evaluates** whether the adjustment was effective. This self-monitoring, self-evaluating loop is the hallmark of **self-regulated learning**. Option A (extrinsic motivation) involves external rewards/punishments — the athlete is driven by internal reflection, not external incentives. Option B (psychomotor automated stage) refers to skills becoming automatic and unconscious — the opposite of conscious self-reflection. Option D (affective domain) concerns emotional and social development, not cognitive self-monitoring.

Q18. Type of assessment: end-of-semester fitness test for final grades.

Answer: (D)

Solution

Correct Answer: (D) **Summative assessment** — evaluating student achievement at the conclusion of a learning period.

Summative assessment is conducted **at the end** of a defined instructional period (unit, semester, or academic year) with the primary purpose of **evaluating overall student achievement** and assigning grades or determining whether learning objectives have been met. The scenario's defining markers — “at the END of a semester,” “assign final grades,” and “report student progress to parents” — all characterise summative assessment. In contrast: **Formative assessment** (Option A) occurs **during** the learning process, provides ongoing feedback, and is used to *improve* future learning — e.g., a



mid-term technique observation or a coach's daily feedback during practice. **Diagnostic assessment** (Option B) is administered at the **beginning** of instruction to identify prior knowledge, misconceptions, or learning needs. **Peer assessment** (Option C) is defined by *who* conducts the evaluation (fellow students), and can be either formative or summative in timing and purpose.

Q19. Primary role of physical education in the Indian school curriculum.

Answer: (A)

Solution

Correct Answer: (A) To develop holistic well-being — physical, social, emotional, and moral development.

As illustrated in the flow diagram, Physical Education radiates outwards to contribute to national development through **four interconnected pathways**: (1) **Health & Fitness** — developing physical stamina, strength, flexibility, coordination, and reducing the burden of lifestyle diseases; (2) **Discipline & Character** — instilling punctuality, perseverance, resilience, sportsmanship, and ethical conduct; (3) **National Unity & Sportsmanship** — fostering teamwork, respect for diversity, communal harmony, and national integration through sport; and (4) **Lifelong Active Habits** — building intrinsic motivation for health-promoting physical activity throughout life. Both the **National Curriculum Framework (NCF)** and the **National Education Policy (NEP) 2020** explicitly state that PE in Indian schools must foster **holistic well-being** — encompassing physical, cognitive, social, emotional, and moral growth — not merely physical fitness or athletic performance. Option B (only preparing tournament athletes) is far too narrow. Option C (replacing academic subjects) is incorrect and contrary to educational policy. Option D (recreational break) trivialises PE's educative purpose.

Q20. Type of communication: pre-game briefing followed by player Q&A.

Answer: (B)

Solution

Correct Answer: (B) Two-way (interactive) communication allowing for feedback and dialogue.

Two-way communication is characterised by the presence of a **feedback loop**: the sender transmits a message, and the receiver(s) respond, ask clarifying questions, or provide feedback — creating an interactive dialogue. In the scenario, the PE teacher (sender) delivers a strategic pre-game briefing (message), and the players (receivers) then **ask questions and share concerns before the match** — constituting genuine bidirectional communication. This is the most effective form of communication in edu-



cational and coaching settings because it confirms comprehension, addresses misunderstandings, and promotes student/athlete engagement and ownership. Option A (**one-way** communication) would describe a scenario where the coach delivers the briefing with *no* opportunity for response or questions — such as a public address announcement. Option C (**non-verbal** communication) involves gestures, facial expressions, and body language, not speech. Option D (**written** communication) involves boards, notes, or text — not oral exchange. In physical education, promoting two-way communication is essential for responsive, student-centred teaching.

Answer Key — Sample Paper 3

Teacher Aptitude & Sports Related Knowledge | MAH B.P.Ed CET

Answer Key (Click answer to jump to solution)									
Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
Q1	C	Q2	D	Q3	A	Q4	B	Q5	C
Q6	D	Q7	A	Q8	B	Q9	C	Q10	D
Q11	A	Q12	B	Q13	C	Q14	D	Q15	A
Q16	B	Q17	C	Q18	D	Q19	A	Q20	B

