

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 4

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 & History (Q1–Q5)

Q1. The Arjuna Award, India's prestigious national sports honour for outstanding performance, was first conferred in which year, and in how many sports was it given initially?

- A. 1965, in 10 sports
- B. 1956, in 3 sports
- C. 1975, in 8 sports
- D. 1961, in 6 sports

Q2. The Dronacharya Award for outstanding sports coaches was introduced in 1985. Who was among the very first recipients of this award at its inception?

- A. O. M. Nambiar (athletics coach), Bhalachandra Bhaskaran (boxing), Om Prakash Bhardwaj (boxing)
- B. Prakash Padukone (badminton coach)
- C. Ramakant Achrekar (cricket coach)
- D. Pullela Gopichand (badminton coach)

Q3. Netaji Subhas National Institute of Sports (NSNIS), Patiala, is India's premier sports coaching institute. It is administered by which organisation and offers diploma-level coaching courses?

- A. Indian Olympic Association (IOA)
- B. Sports Authority of India (SAI)
- C. Ministry of Education, Government of India
- D. National Skill Development Corporation (NSDC)

Q4. The Maharashtra State Sports Development Authority (MSSDA) is primarily responsible for which of the following functions?

- A. Selecting India's national team for the Olympics
- B. Managing India's participation in SAFF Championship
- C. Developing and managing sports infrastructure, training programmes, and hosting state/national championships in Maharashtra
- D. Administering the Central Government's Khelo India scheme

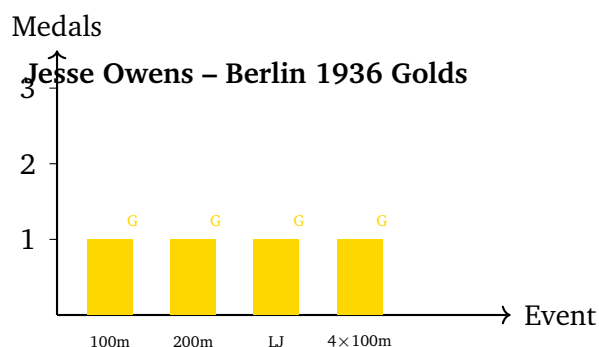


Q5. Which Indian sportswoman was among the earliest to receive the Arjuna Award, recognising women's sporting excellence at the national level — a pioneering recognition in the 1960s?

- A. P. T. Usha (athletics)
- B. Saina Nehwal (badminton)
- C. Karnam Malleswari (weightlifting)
- D. N. Lambodar (Hockey) and Nilima Ghosh (athletics) — among the first women Arjuna Award recipients in 1961

Section B — Olympic Games (Q6–Q10)

Q6. The bar chart below represents Jesse Owens' historic gold medal haul at the 1936 Berlin Summer Olympics. How many gold medals did Jesse Owens win at Berlin 1936 in a single Games, defying Hitler's theory of Aryan supremacy?



- A. 4 gold medals (100m, 200m, Long Jump, 4x100m relay)
- B. 2 gold medals (100m, 200m)
- C. 3 gold medals (100m, 200m, Long Jump)
- D. 5 gold medals (also won the Shot Put)



Q7. At the 1980 Moscow Summer Olympics, India's men's hockey team won a gold medal. This was India's last Olympic gold medal in field hockey. Who was the captain of India's 1980 hockey gold medal winning team?

- A. Dhyan Chand
- B. Vasudevan Baskaran
- C. Dhanraj Pillay
- D. Dilip Tirkey

Q8. The International Olympic Committee (IOC) introduced compulsory drug testing at Olympic Games for the first time at which edition of the Olympics?

- A. 1960 Rome Olympics
- B. 1964 Tokyo Olympics
- C. 1968 Mexico City Olympics
- D. 1976 Montreal Olympics

Q9. The Refugee Olympic Team (ROT) — comprising athletes without a national home due to displacement — made its historic debut at which Olympic Games?

- A. London 2012
- B. Sochi 2014 (Winter)
- C. Tokyo 2020
- D. Rio 2016

Q10. The ancient Greek practice of 'Ekecheiria' (Olympic Truce) required warring city-states to suspend hostilities during the Olympic Games. This concept was revived by the United Nations in which year as the modern Olympic Truce?

- A. 1993 (UN Resolution adopted; first truce for Atlanta 1996)



- B. 1948 (revived alongside the post-WWII London Olympics)
- C. 1896 (reinstated at the first modern Olympics)
- D. 2000 (first applied for Sydney Olympics)

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

Q11. Indian wrestler Vinesh Phogat was controversially disqualified at the Paris 2024 Olympics despite reaching the gold medal bout. What was the reason for her disqualification, and in which weight category did she compete?

- A. She withdrew due to injury in the 65 kg category
- B. She was found 100 grams overweight at the final weigh-in in the 50 kg category, leading to disqualification from the gold medal match
- C. She tested positive for a prohibited substance in the 57 kg category
- D. She failed to appear for the bronze medal bout in the 53 kg category

Q12. At the BWF World Badminton Championships 2023 in Copenhagen, India's best individual performance came from H. S. Prannoy. How far did he advance in the Men's Singles event?

- A. Won the gold medal (champion)
- B. Lost in the first round
- C. Reached the quarter-finals (best individual Indian result)
- D. Won the bronze medal by defeating two top-10 seeds

Q13. Narain Karthikeyan is a celebrated name in Indian motorsport. Which historic distinction does he hold in Formula 1 racing?

- A. First Asian to win a Formula 1 Grand Prix
- B. First Indian to qualify for a Formula 1 qualifying session (Q3)
- C. First South Asian to win the Formula 2 championship
- D. First Indian to compete in Formula 1, making his debut with the Jordan team at the 2005 Australian Grand Prix



Q14. At the US Open 2024 (Flushing Meadows, New York), which player won the Men's Singles title by defeating Taylor Fritz in the final, becoming the world No. 1 for the first time in his career?

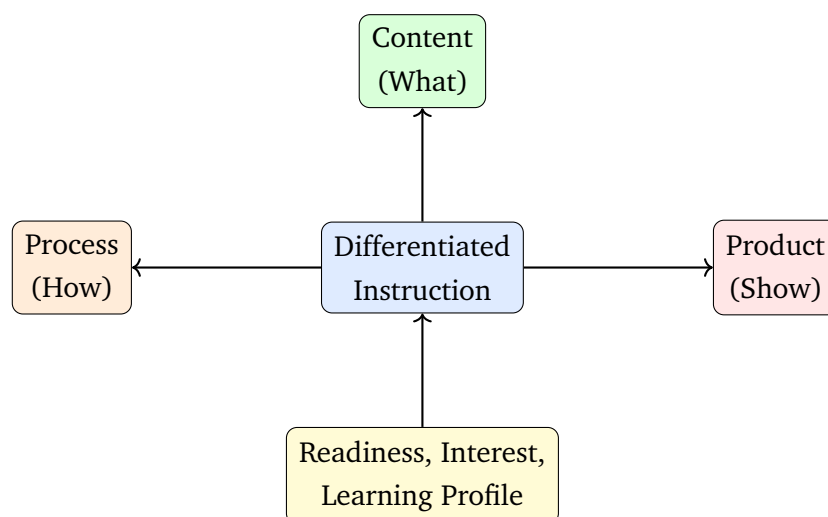
- A. Jannik Sinner (Italy)
- B. Carlos Alcaraz (Spain)
- C. Novak Djokovic (Serbia)
- D. Daniil Medvedev (Russia)

Q15. India has been a powerhouse in shooting at international competitions. At the ISSF Shooting World Cup 2024 (Baku stage), which Indian shooter set a world record in the 10m Air Pistol Women's event?

- A. Manu Bhaker
- B. Divya T. S.
- C. Esha Singh
- D. Rhythm Sangwan

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

Q16. The diagram below illustrates the concept of Differentiated Instruction (DI) in Physical Education. According to DI, which of the following BEST describes its core principle?



- A. All students do the same tasks at the same pace regardless of ability
- B. Students are grouped by exact identical skill level and never mixed
- C. Instruction is tailored to individual students' readiness, interests, and learning styles through varied content, processes, and products
- D. Students are assessed only by written tests, not practical performance

Q17. An elite young athlete experiences emotional exhaustion, depersonalisation (treating sport as mechanical), and a reduced sense of personal accomplishment. According to Maslach's Burnout Model adapted for sports, this condition is called:

- A. Pre-competition anxiety disorder
- B. Sports-induced depression syndrome
- C. Overtraining syndrome (physiological fatigue)
- D. Athlete burnout — a psychological response to chronic, unresolvable stress in sport

Q18. A young athlete is extremely anxious before a big match — heart racing, palms sweating, mind going blank. Which combination of sports psychology techniques is MOST effective for managing pre-competition anxiety?

- A. Progressive muscle relaxation (PMR) + controlled breathing + positive self-talk + visualisation
- B. Intense physical warm-up only (sweat it out)
- C. Avoiding thinking about the competition entirely (thought suppression)
- D. Consuming energy drinks for adrenaline boost

Q19. An athlete sits quietly and mentally rehearses every step of their javelin throw — the grip, run-up, release angle, flight, and landing — imagining perfect execution. This sports psychology technique is called:

- A. Meditation and mindfulness



- B. Mental imagery (visualisation) — using the mind to rehearse physical performance
- C. Cognitive restructuring
- D. Arousal regulation through music

Q20. Kinesiology is the academic discipline that studies human movement. It incorporates which of the following fields to understand the mechanical, physiological, and behavioural aspects of physical activity?

- A. Only biomechanics and anatomy
- B. Only sports psychology and sociology
- C. Biomechanics, exercise physiology, anatomy, sports psychology, and motor learning
- D. Only history of sports and sports philosophy



Solutions — Sample Paper 4

Teacher Aptitude & Sports Related Knowledge

Q1. The Arjuna Award, India's prestigious national sports honour for outstanding performance, was first conferred in which year, and in how many sports was it given initially?

Answer: (D)

Solution

The Arjuna Award was instituted by the Government of India in **1961**, making Option D correct. At its inaugural presentation, it was conferred in **six sports**: hockey, cricket, athletics, weightlifting, football, and volleyball. The award is named after the legendary archer Arjuna from the Mahabharata and is given for consistent outstanding performance over a period of four years. Over the decades, the award has expanded to cover over 30 sports disciplines. The award carries a bronze statuette of Arjuna, a certificate of honour, a ceremonial dress, and a cash prize (currently Rs. 15 lakh).

Q2. The Dronacharya Award for outstanding sports coaches was introduced in 1985. Who was among the very first recipients of this award at its inception?

Answer: (A)

Solution

The **Dronacharya Award** was instituted by the Government of India in **1985** to honour eminent coaches who produced medal-winning athletes at prestigious international events. The very first recipients in 1985 were: **O. M. Nambiar** (athletics — coach of the legendary P. T. Usha), **Bhalachandra Bhaskaran** (boxing), and **Om Prakash Bhardwaj** (boxing). The award is named after Dronacharya, the legendary guru of the Pandavas in the Mahabharata. Pullela Gopichand received the award in 2009, and Ramakant Achrekar received it in 1990.

Q3. Netaji Subhas National Institute of Sports (NSNIS), Patiala, is India's premier sports coaching institute. It is administered by which organisation and offers diploma-level coaching courses?

Answer: (B)



Solution

The **Netaji Subhas National Institute of Sports (NSNIS)**, Patiala, is India's premier sports coaching institute, established in **1961**. It is administered by the **Sports Authority of India (SAI)**, which functions under the Ministry of Youth Affairs and Sports, Government of India. NSNIS offers the prestigious **National Diploma in Sports Coaching (NDSC)** — a 3-year programme — as well as short-term Certificate courses in various sports disciplines. The institute was renamed in honour of Netaji Subhas Chandra Bose and has produced some of India's finest coaches and sports scientists.

Q4. The Maharashtra State Sports Development Authority (MSSDA) is primarily responsible for which of the following functions?

Answer: (C)

Solution

The **Maharashtra State Sports Development Authority (MSSDA)** is a state-level body whose primary mandate is to **develop and manage sports infrastructure, conduct training programmes, and host state and national level championships** within Maharashtra. This includes constructing and maintaining sports stadia, gymnasiums, and swimming pools; running coaching academies; and organising competitions at grass-roots and elite levels. The selection of national Olympic teams is the responsibility of the **Indian Olympic Association (IOA)** and respective national federations. The Khelo India scheme is a Central Government initiative administered by the Ministry of Youth Affairs and Sports.

Q5. Which Indian sportswoman was among the earliest to receive the Arjuna Award, recognising women's sporting excellence at the national level?

Answer: (D)

Solution

When the Arjuna Award was first given in **1961**, women were included from the very beginning. Among the earliest women recipients were **N. Lambodar** (field hockey) and **Nilima Ghosh** (athletics) in 1961, making Option D correct. This was a progressive recognition of women's sporting achievements at a time when women's participation in sports was much less common. P. T. Usha received the Arjuna Award in **1984**, Karnam Malleswari in **1994**, and Saina Nehwal in **2009** — all much later than the pioneering recipients of 1961.



Q6. How many gold medals did Jesse Owens win at Berlin 1936 in a single Games, defying Hitler's theory of Aryan supremacy?

Answer: (A)

Solution

Jesse Owens made history at the **1936 Berlin Summer Olympics** by winning **4 gold medals** in a single Games — in the **100m, 200m, Long Jump, and 4×100m relay**. His performance was a powerful refutation of Nazi ideology and Hitler's theory of Aryan racial supremacy. In the long jump, Owens benefited from the advice of German competitor **Luz Long**, who helped him qualify after two fouls. Owens set three world records and tied a fourth at those Games. His 4 gold medals at a single Olympics remained an unmatched feat in track and field for 48 years, until **Carl Lewis** equalled it at the 1984 Los Angeles Olympics.

Q7. Who was the captain of India's 1980 hockey gold medal winning team at the Moscow Summer Olympics?

Answer: (B)

Solution

India's men's field hockey team won the gold medal at the **1980 Moscow Summer Olympics** — their **8th and final Olympic gold in field hockey**. The team was captained by **Vasudevan Baskaran**, a midfielder from Tamil Nadu. India defeated Spain 4–3 in the final. The 1980 Olympics was boycotted by many Western nations due to the Soviet invasion of Afghanistan, but India participated. **Dhyan Chand** was the legendary hockey wizard of the 1928–1936 era; **Dhanraj Pillay** was a star of the 1990s–2000s era; and **Dilip Tirkey** was a prominent defender in the late 1990s–2000s.

Q8. The IOC introduced compulsory drug testing at Olympic Games for the first time at which edition?

Answer: (C)

Solution

Compulsory drug testing at the Olympic Games was introduced for the first time at the **1968 Mexico City Summer Olympics**. The first athlete to be disqualified for doping at the Olympics was **Hans-Gunnar Liljenwall** of Sweden (modern pentathlon) — for consuming alcohol to calm his nerves before the pistol-shooting event. The IOC had set up its Medical Commission in 1967, leading to the implementation of systematic testing



in 1968. Earlier Games (Rome 1960, Tokyo 1964) did not have compulsory systematic doping controls, though individual incidents had occurred.

Q9. The Refugee Olympic Team made its historic debut at which Olympic Games?

Answer: (D)

Solution

The **Refugee Olympic Team (ROT)** made its **historic debut at the Rio 2016 Summer Olympics** in Brazil. The team comprised **10 athletes** from South Sudan, Syria, the Democratic Republic of Congo, and Ethiopia — all displaced persons who had been forced to flee their home countries. They competed under the **Olympic flag** with the Olympic anthem played in their honour. The initiative was led by IOC President Thomas Bach to raise awareness about the global refugee crisis. The ROT has since participated in all subsequent Olympics, including Tokyo 2020 and Paris 2024, with growing membership.

Q10. The UN revived the ancient Olympic Truce concept in which year?

Answer: (A)

Solution

The United Nations revived the ancient Greek concept of **Ekecheiria** (Olympic Truce) through **UN Resolution 48/11, adopted in October 1993**. The resolution called upon all nations to observe the Olympic Truce — a ceasefire from one week before the Games through one week after the Closing Ceremony. The first modern Olympic Truce was applied for the **Atlanta 1996 Summer Olympics**. Since then, before every Olympic Games, the UN passes a new resolution reaffirming the truce. The concept dates to ancient Greece (776 BC), where warring city-states would lay down arms during the Games at Olympia.

Q11. Indian wrestler Vinesh Phogat was controversially disqualified at the Paris 2024 Olympics. What was the reason?

Answer: (B)



Solution

In one of the most dramatic and heartbreaking moments of the **Paris 2024 Olympics**, Indian wrestler **Vinesh Phogat** was disqualified from the **50 kg freestyle** gold medal bout after being found **100 grams overweight** at the morning weigh-in on the day of the final (7 August 2024). Having beaten reigning world champion and Olympic champion Yui Susaki of Japan on her way to the final, Vinesh was on course for a historic gold but was excluded from the competition. She subsequently filed an appeal with the Court of Arbitration for Sport (CAS) seeking at least a silver medal, but the appeal was rejected. She announced her retirement from wrestling shortly after.

Q12. At the BWF World Badminton Championships 2023 in Copenhagen, how far did H. S. Prannoy advance in Men's Singles?

Answer: (C)

Solution

At the **BWF World Championships 2023** held in Copenhagen, Denmark, India's **H. S. Prannoy** was the best-performing Indian in Men's Singles, reaching the **quarter-finals**. This was considered India's best individual showing in the men's singles event at those championships. The Men's Singles title was won by **Viktor Axelsen** of Denmark, who defeated Li Shifeng of China in the final. In the Women's Singles, **An Se-young** of South Korea won gold. Prannoy had risen to world No. 9 in 2023 and was one of India's most consistent performers on the BWF World Tour circuit.

Q13. Which historic distinction does Narain Karthikeyan hold in Formula 1 racing?

Answer: (D)

Solution

Narain Karthikeyan holds the historic distinction of being the **first Indian to compete in Formula 1**. He made his F1 debut at the **2005 Australian Grand Prix** (Melbourne) driving for the **Jordan-Ford** team (later BAR Honda). Born in Coimbatore, Tamil Nadu, Karthikeyan raced in the full 2005 F1 season with Jordan. He returned to F1 in 2011 and 2012 with the HRT (Hispania Racing Team). His best F1 result was a 5th place finish at the 2005 United States Grand Prix at Indianapolis, which took place under controversial circumstances (tyre withdrawals). He was also the first Indian to score a Formula 1 point.



Q14. Which player won the Men's Singles title at the US Open 2024?

Answer: (A)

Solution

Jannik Sinner of Italy won the **US Open 2024** Men's Singles title, defeating **Taylor Fritz** of the United States in the final at Flushing Meadows, New York. With this victory, Sinner claimed his **second Grand Slam of 2024** (he had also won the Australian Open 2024 earlier that year) and ascended to **world No. 1** for the first time in his career. Sinner, born in 2001 in South Tyrol, became the first Italian man to win the US Open. Carlos Alcaraz had won Wimbledon 2024, while Novak Djokovic won the Paris 2024 Olympic gold medal. Sinner also won the Australian Open 2025, his third Grand Slam overall.

Q15. At the ISSF Shooting World Cup 2024 (Baku stage), which Indian shooter set a world record in the 10m Air Pistol Women's event?

Answer: (B)

Solution

Divya T. S. (Divya Thadigol Subbaraju), a young Indian shooter from **Kerala**, set a **world record** in the **10m Air Pistol Women's** event at the **ISSF Shooting World Cup 2024** (Baku stage, Azerbaijan), scoring **243.7 points** in the final to break the existing world record. This was a remarkable achievement that brought her into the national spotlight. Manu Bhaker had earlier won two bronze medals at the Paris 2024 Olympics (10m Air Pistol Women's and 10m Air Pistol Mixed Team). Esha Singh and Rhythm Sangwan are other prominent Indian women pistol shooters, but neither set the Baku 2024 world record.

Q16. According to Differentiated Instruction (DI), which of the following BEST describes its core principle?

Answer: (C)

Solution

Differentiated Instruction (DI), developed primarily by education scholar **Carol Ann Tomlinson**, is a teaching philosophy that holds that instruction must be **tailored to the individual readiness, interests, and learning profiles** of students. DI varies four classroom elements: **Content** (what students learn), **Process** (how they learn it), **Product** (how they demonstrate understanding), and **Learning Environment**. In Physical Education, DI means providing varying levels of drill complexity, modified equipment,



alternative tasks, or differentiated assessment so every student is appropriately challenged. It is rooted in Vygotsky's Zone of Proximal Development. Grouping students rigidly (Option B) or using uniform assessment only (Option D) contradict DI principles.

Q17. According to Maslach's Burnout Model adapted for sports, what is the condition of emotional exhaustion, depersonalisation, and reduced personal accomplishment called?

Answer: (D)

Solution

Athlete burnout is a well-documented psychological syndrome in sport science, adapted from **Christina Maslach's Burnout Model** (originally developed in occupational psychology). It is characterised by three core dimensions: (1) **Emotional and physical exhaustion** — feeling drained of all energy; (2) **Depersonalisation/sport devaluation** — treating training and competition as mechanical, meaningless routines; (3) **Reduced sense of personal accomplishment** — feeling ineffective and that sport no longer provides fulfilment. Athlete burnout results from chronic, unresolvable stress (e.g., excessive training load, pressure, lack of autonomy). It differs from overtraining syndrome, which is primarily physiological. Prevention includes monitoring training load, fostering athlete autonomy, and providing psychological support.

Q18. Which combination of sports psychology techniques is MOST effective for managing pre-competition anxiety?

Answer: (A)

Solution

The evidence-based approach to managing **pre-competition anxiety** involves a multi-modal package: (1) **Progressive Muscle Relaxation (PMR)** — developed by Edmund Jacobson; systematically tensing and releasing muscle groups to reduce somatic anxiety; (2) **Controlled/diaphragmatic breathing** — slows heart rate, activates the parasympathetic nervous system; (3) **Positive self-talk** — replacing negative, catastrophic thoughts with constructive, affirmative statements; (4) **Visualisation/mental imagery** — mentally rehearsing successful performance to build confidence and reduce uncertainty. This package addresses both cognitive anxiety (worry) and somatic anxiety (physical tension). Thought suppression (Option C) is counter-productive (the ironic process theory — White Bear experiment). Energy drinks increase arousal, worsening anxiety.



Q19. An athlete mentally rehearses every detail of their javelin throw imagining perfect execution. What sports psychology technique is this?

Answer: (B)

Solution

The technique described — mentally rehearsing every element of the javelin throw including grip, run-up, release, flight, and landing — is **Mental Imagery**, also called **Visualisation**. It is one of the most widely researched and applied techniques in sport psychology. **Alan Paivio's (1985) dual-code theory** explains imagery through two functions: **cognitive** (learning/rehearsing skills and strategies) and **motivational** (arousal regulation, building confidence). **Kinesthetic imagery** — feeling the movement in the mind's body — activates the same motor programs as physical practice (psychoneuro-muscular theory). Mental imagery is used extensively by Olympic athletes across all sports. It differs from mindfulness (present-moment non-judgmental awareness) and cognitive restructuring (changing thought patterns).

Q20. Kinesiology incorporates which of the following fields to understand human movement?

Answer: (C)

Solution

Kinesiology (from Greek *kinesis* = movement) is the scientific study of human movement, performance, and function. It is an inherently **multidisciplinary field** that draws from: (1) **Biomechanics** — mechanical analysis of human movement using physics principles; (2) **Exercise Physiology** — physiological responses of the body to physical activity; (3) **Anatomy** (including functional anatomy and kinesiology) — structures involved in movement; (4) **Sports/Exercise Psychology** — psychological factors affecting movement and performance; (5) **Motor Learning and Control** — acquisition and refinement of motor skills. Additionally, Sociology of Sport, Adapted Physical Activity, and Sports Medicine fall under the kinesiology umbrella. Limiting kinesiology to only biomechanics/anatomy (A) or only psychology/sociology (B) is incorrect.



Answer Key — Sample Paper 4

Teacher Aptitude & Sports Related Knowledge

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
1	D	2	A	3	B	4	C	5	D
6	A	7	B	8	C	9	D	10	A
11	B	12	C	13	D	14	A	15	B
16	C	17	D	18	A	19	B	20	C

Option Distribution

Option	Count	Question Numbers
A	5	Q2, Q6, Q10, Q14, Q18
B	5	Q3, Q7, Q11, Q15, Q19
C	5	Q4, Q8, Q12, Q16, Q20
D	5	Q1, Q5, Q9, Q13, Q17

Section A (Q1–Q5)	Sports Awards & History
Section B (Q6–Q10)	Olympic Games
Section C (Q11–Q15)	Current Affairs in Sports
Section D (Q16–Q20)	Teacher Aptitude & Professional Ethics

Click any answer in the solution section to jump directly to the detailed explanation.

All questions carry 1 mark each. There is no negative marking.

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