

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 5

of 8

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

- This paper contains **20 questions** divided into four sections.
- Each question carries **1 mark**. Maximum marks: **20**.
- Each question has **4 options (A, B, C, D)**; only one is correct.
- There is **no negative marking** for wrong answers.
- Time allowed is **24 minutes**. Manage your time carefully.
- All rough work must be done on a **separate rough sheet**; no rough work on the question paper.

Section A — Sports Awards (Q.1 – Q.5)

- Q.1.** The Maulana Abul Kalam Azad (MAKA) Trophy is an annual award presented by the Ministry of Education, Government of India, to recognise outstanding overall performance in sports at the inter-university level. Which type of institution is eligible to receive this trophy?
- (A) State Sports Academy
 - (B) University or Institution of Higher Education (IHE)
 - (C) National Sports Federation
 - (D) District Sports Association
- Q.2.** The Tenzing Norgay National Adventure Award is conferred by the Government of India to honour individuals who have shown outstanding achievement in which field?
- (A) Adventure sports and mountaineering
 - (B) Space exploration and satellite design
 - (C) Professional deep-sea diving exclusively
 - (D) Wild animal conservation and rescue
- Q.3.** The Dhyan Chand Award for Lifetime Achievement in Sports and Games is specifically awarded to sportspersons who have:
- (A) Won an Olympic or Commonwealth Games medal for India
 - (B) Coached an Olympic medal-winning Indian team
 - (C) Served as national sports administrator for over 15 years
 - (D) Made a significant lifetime contribution to the promotion of sports after their own active playing career ended
- Q.4.** The Rashtriya Khel Protsahan Puraskar recognises outstanding contribution to sports promotion. It is awarded to which of the following?
- (A) Only individual retired athletes
 - (B) School sports programmes exclusively
 - (C) Corporate entities, sports bodies, NGOs, and individual promoters of sports

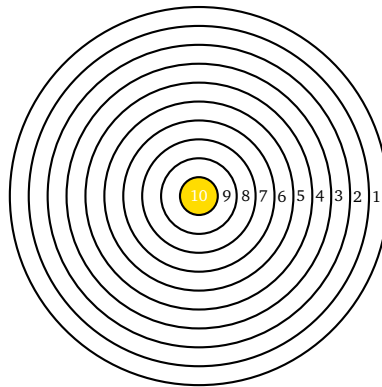


(D) Government sports coaching academies alone

Q.5. National Sports Day (Rashtriya Khel Diwas) is celebrated every year in India on 29 August to mark the birth anniversary of which legendary sportsperson?

- (A) Sunil Gavaskar
- (B) Major Dhyan Chand
- (C) Milkha Singh
- (D) P.T. Usha

Section B — Olympic Games (Q.6 – Q.10)



Q.6. *10m Air Rifle Target*

The figure above shows a standard 10-ring air rifle target. Shooter Abhinav Bindra consistently hit the inner rings in international competition. He became the first Indian to win an individual gold medal at the Olympic Games. In which event and at which Olympics did he achieve this historic feat?

- (A) 10m Air Rifle, Beijing 2008
- (B) 50m Pistol, Sydney 2000
- (C) 10m Air Rifle, Athens 2004
- (D) 25m Rapid Fire Pistol, Atlanta 1996

Q.7. The official Olympic motto 'Citius, Altius, Fortius' is a Latin phrase. What is the correct English translation of these three words?

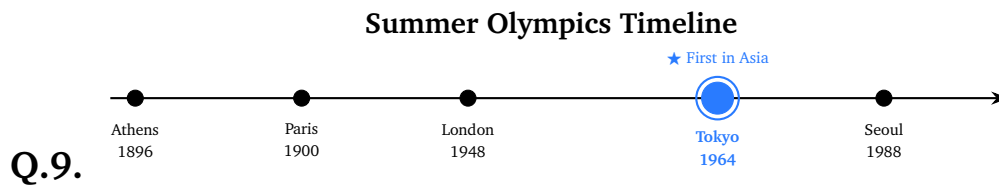
- (A) Power, Speed, Victory



- (B) Unity, Peace, Friendship
- (C) Faster, Higher, Stronger
- (D) Justice, Courage, Excellence

Q.8. The Paralympic Games — the prestigious international multi-sport event for elite athletes with impairments, held in the same city as the Olympics — are governed by which international body?

- (A) International Olympic Committee (IOC)
- (B) World Anti-Doping Agency (WADA)
- (C) World Athletics (formerly IAAF)
- (D) International Paralympic Committee (IPC)



The timeline above shows selected Summer Olympic Games venues. Which city hosted the FIRST Summer Olympic Games to be held anywhere in Asia?

- (A) Seoul, South Korea (1988)
- (B) Tokyo, Japan (1964)
- (C) Melbourne, Australia (1956)
- (D) Helsinki, Finland (1952)

Q.10. At the very first Modern Olympic Games held in Athens, Greece in 1896, how many nations participated in the competitions?

- (A) 14 nations
- (B) 20 nations
- (C) 30 nations
- (D) 8 nations

**Section C — Current Affairs on Sports
& Games (2022–2024) (Q.11 – Q.15)**



Parabolic flight path of a javelin

Q.11.

The figure above illustrates the parabolic flight path of a javelin. Neeraj Chopra competed in the javelin throw final at the Paris 2024 Olympics and won a silver medal. What was his best throw distance in that final — also his personal best?

- (A) 91.23 m
- (B) 88.17 m
- (C) 86.54 m
- (D) 89.45 m

Q.12. In the FIDE Chess World Cup 2023 held in Baku, Azerbaijan, which Indian grandmaster reached the final but lost to reigning world champion Magnus Carlsen, finishing as runner-up?

- (A) Viswanathan Anand
- (B) Pentala Harikrishna
- (C) R. Praggnanandhaa
- (D) Arjun Erigaisi

Q.13. Which team won the Women's Premier League (WPL) 2024 cricket title — the second season of the WPL — defeating Delhi Capitals in the final?

- (A) Mumbai Indians
- (B) Royal Challengers Bangalore
- (C) UP Warriorz



(D) Gujarat Giants

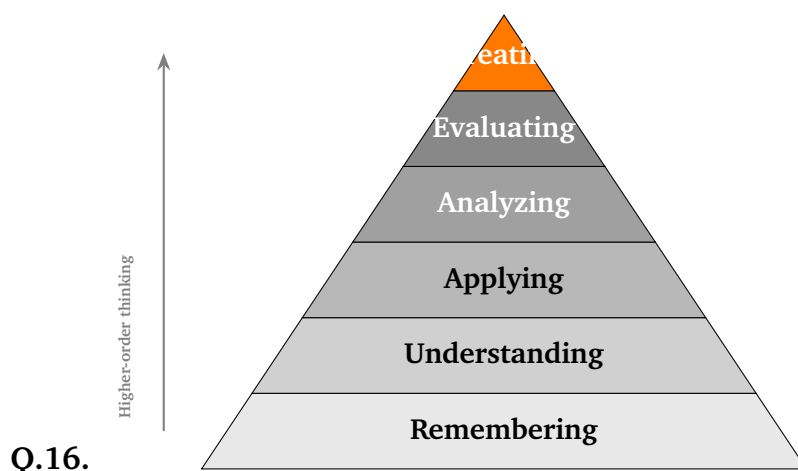
Q.14. Which country won the Davis Cup 2023 — the men's national team tennis world championship — defeating Australia 2–0 in the final held in Malaga, Spain?

- (A) Italy
- (B) Spain
- (C) Croatia
- (D) France

Q.15. At the FIH Men's Hockey World Cup 2023, held in Bhubaneswar and Rourkela (Odisha, India) in January 2023, what was India's final result?

- (A) India won the World Cup for the fourth time, defeating Germany in the final
- (B) India were runners-up, losing to the Netherlands in the final
- (C) India were eliminated in the pool stage and did not advance
- (D) India were eliminated in the cross-over round and finished 9th overall

Section D — Teacher Aptitude & Professional Ethics (Q.16 – Q.20)



The figure above shows Bloom's revised Taxonomy of Educational Objectives arranged as a pyramid from lower-order to higher-order thinking. Which cognitive level sits at the APEX (highest level) of this taxonomy?



- (A) Applying
- (B) Analyzing
- (C) Creating
- (D) Evaluating

Q.17. In student-centered approaches to physical education, what BEST describes the teacher's primary role?

- (A) An authority figure who dictates all activities, rules, and sequences of play
- (B) A facilitator who guides, supports, and encourages students to explore, problem-solve, and discover for themselves
- (C) A passive observer who only evaluates final performance without interacting
- (D) An administrator who primarily manages equipment inventory and logistics

Q.18. Which type of motivation is considered more durable and self-sustaining in physical education, arising from within the student — where they engage in activity purely because they find it enjoyable and personally rewarding?

- (A) Intrinsic motivation (personal enjoyment and inner satisfaction)
- (B) Extrinsic motivation from external rewards such as medals, grades, or praise
- (C) Negative motivation driven by fear of punishment or embarrassment
- (D) Social motivation arising from pressure to conform to peer behaviour

Q.19. Formative assessment in a physical education class is BEST exemplified by which practice?

- (A) A single year-end standardised physical fitness test used to assign final grades
- (B) A national benchmark test conducted uniformly across all schools
- (C) A one-time performance grading at the end of the academic term



- (D) Continuous observation, targeted verbal feedback, and skill correction provided to students throughout practice sessions

Q.20. Which principle is MOST fundamental to inclusive physical education?

- (A) Placing students with disabilities in a separate, specialist PE programme away from the mainstream class
- (B) Reducing the complexity and standard of activities for the entire class so no student struggles
- (C) Adapting activities, rules, equipment, and physical environments so that ALL students — including those with disabilities — can participate meaningfully
- (D) Selecting only the most physically capable students for competitive school sports activities



Detailed Solutions — Teacher Aptitude & Sports Sample Paper 5

Q.1

Solution

The Maulana Abul Kalam Azad (MAKA) Trophy is awarded annually by the Ministry of Education to the university or Institution of Higher Education (IHE) that achieves the best overall performance in inter-university sports championships. It is presented on Republic Day and is the premier recognition for university-level sporting excellence in India. State sports academies, national federations, and district bodies are not eligible — only universities and IHEs qualify.

Answer: (B) [Go Back to Q 1](#)

Q.2

Solution

The Tenzing Norgay National Adventure Award is conferred by the Government of India to recognise outstanding achievement in adventure sports such as mountaineering, skydiving, open-water swimming, river rafting, scuba diving, and similar disciplines. It is named after Tenzing Norgay Sherpa, who along with Sir Edmund Hillary, became one of the first two individuals to summit Mount Everest on 29 May 1953. The award specifically honours daring exploits in adventure sports — not space science, wildlife conservation, or exclusive professional diving.

Answer: (A) [Go Back to Q 2](#)

Q.3

Solution

The Dhyan Chand Award for Lifetime Achievement in Sports and Games is specifically designed for sportspersons who have made significant contributions to the promotion and development of sports in India *after* their active playing career ended. It is distinct from the Arjuna Award (which recognises current performance) and the Dronacharya Award (which honours coaches). Recipients need not have won Olympic or Commonwealth medals; the emphasis is on a sustained lifetime contribution to Indian sports.

Answer: (D) [Go Back to Q 3](#)

Q.4



Solution

The Rashtriya Khel Protsahan Puraskar is unique among Indian sports honours because it recognises *sports promotion* rather than individual athletic achievement. It is awarded to corporate entities, public sector undertakings (PSUs), sports bodies, non-governmental organisations (NGOs), and individual promoters of sports. This broad eligibility reflects the government's aim to incentivise diverse organisations to invest in nurturing sporting talent at the grassroots level.

Answer: (C) [Go Back to Q 4](#)

Q.5

Solution

National Sports Day (Rashtriya Khel Diwas) is observed every year on 29 August to commemorate the birth anniversary of Major Dhyan Chand (1905–1979), the legendary Indian field hockey player widely regarded as the greatest in the history of the sport. Under his captaincy or leadership, India won Olympic gold medals in hockey at Amsterdam 1928, Los Angeles 1932, and Berlin 1936. The Government of India officially designated 29 August as National Sports Day from 2012. Major sports awards including Khel Ratna, Arjuna, Dronacharya, and Dhyan Chand Awards are presented on this day.

Answer: (B) [Go Back to Q 5](#)

Q.6

Solution

Abhinav Bindra created history at the Beijing 2008 Summer Olympic Games by winning the gold medal in the 10m Air Rifle event — becoming the first Indian athlete ever to win an individual gold medal at the Olympics. He scored 700.5 in qualification and 104.5 in the final. Before Bindra, India's Olympic golds had all come in team events (field hockey). This achievement earned him the Rajiv Gandhi Khel Ratna (now Major Dhyan Chand Khel Ratna) and the Padma Bhushan.

Answer: (A) [Go Back to Q 6](#)

Q.7

Solution

The Olympic motto *Citius, Altius, Fortius* translates from Latin as “Faster, Higher, Stronger.” It was proposed by Henri Didon and adopted by Pierre de Coubertin when the International Olympic Committee was founded in 1894. In 2021, the IOC added



a fourth word, *Communiter* (Together), making the full motto *Citius, Altius, Fortius — Communiter* to reflect the importance of solidarity and unity in global sport.

Answer: (C) [Go Back to Q 7](#)

Q.8

Solution

The Paralympic Games are governed by the **International Paralympic Committee (IPC)**, headquartered in Bonn, Germany. The IPC is a distinct and independent international organisation from the IOC, though the two have a close partnership. The IOC governs the Olympic Games; WADA is responsible for anti-doping; and World Athletics (formerly IAAF) governs track and field globally. The IPC organises and oversees the Summer and Winter Paralympic Games for athletes with physical, visual, and intellectual impairments.

Answer: (D) [Go Back to Q 8](#)

Q.9

Solution

The 1964 Tokyo Summer Olympics were the **first ever Summer Olympic Games to be held in Asia**. They were a landmark event: Japan showcased its post-World War II economic recovery, introduced colour television broadcasting for the first time, and the Olympic torch relay famously passed through Hiroshima. The games featured 93 nations and 5,151 athletes. Seoul 1988 (South Korea) was the *second* Asian Summer Olympics. Melbourne (1956) and Helsinki (1952) are in Oceania and Europe respectively.

Answer: (B) [Go Back to Q 9](#)

Q.10

Solution

At the inaugural Modern Olympic Games held in Athens, Greece in April 1896, exactly **14 nations** participated with a total of 241 athletes (all male) competing in 43 events across 9 sports. The United States topped the medals tally, while Greece's Spiridon Louis won the prestigious marathon event, becoming a national hero. The games revived the ancient Olympic tradition after a gap of over 1,500 years and were organised largely through the efforts of Pierre de Coubertin.

Answer: (A) [Go Back to Q 10](#)



Q.11

Solution

At the Paris 2024 Olympic Games, Neeraj Chopra competed in the men's javelin throw final and achieved a best throw of **89.45 m** — which is also his personal best — to claim the silver medal. Pakistan's Arshad Nadeem won the gold medal with a world record throw of 92.97 m. Neeraj Chopra had previously won gold at Tokyo 2020 (83.87 m), making him India's most decorated individual Olympic track-and-field athlete across consecutive Games.

Answer: (D) [Go Back to Q 11](#)

Q.12

Solution

R. Praggnanandhaa (Rameshbabu Praggnanandhaa), born in 2005, reached the final of the FIDE Chess World Cup 2023 held in Baku, Azerbaijan, at just 18 years of age. He faced reigning world champion Magnus Carlsen in the final; after two drawn classical games, Carlsen won the tiebreak 1.5–0.5 to claim the title. Praggnanandhaa's runner-up finish was a remarkable achievement, qualifying him for the 2024 Candidates Tournament. Viswanathan Anand was not a participant at that stage of the event.

Answer: (C) [Go Back to Q 12](#)

Q.13

Solution

Royal Challengers Bangalore (RCB) won the Women's Premier League (WPL) 2024 — the second season of the tournament — defeating Delhi Capitals in the final. Smriti Mandhana was a key performer for RCB throughout the season. The inaugural WPL 2023 title had been won by Mumbai Indians. WPL was launched in 2023 as a franchise-based women's T20 cricket league organised by the BCCI, modelled on the IPL.

Answer: (B) [Go Back to Q 13](#)

Q.14

Solution

Italy won the Davis Cup 2023, defeating Australia 2–0 in the final held in Malaga, Spain. Jannik Sinner won the opening singles rubber against Alex de Minaur, and Lorenzo Musetti sealed victory in the second singles against Jordan Thompson. It was Italy's



second Davis Cup title overall. Australia, the defending champion from 2022 (when they defeated Croatia), could not retain the title. Spain and Croatia were eliminated in earlier rounds.

Answer: (A) [Go Back to Q 14](#)

Q.15

Solution

At the FIH Men's Hockey World Cup 2023 (held in Bhubaneswar and Rourkela, Odisha, India in January 2023), India were eliminated in the cross-over round when they lost 4–5 to New Zealand. They subsequently played the 9th–16th classification matches and defeated Spain 5–2 to **finish 9th overall**. The final was won by Germany, who defeated Belgium 3–2. India did not win the World Cup, were not runners-up, and did not advance beyond the pool stage — eliminating options A, B, and C.

Answer: (D) [Go Back to Q 15](#)

Q.16

Solution

Bloom's Revised Taxonomy (Anderson & Krathwohl, 2001) arranges cognitive skills in six levels from lowest to highest: **Remembering** → **Understanding** → **Applying** → **Analyzing** → **Evaluating** → **Creating**. **Creating** — which involves synthesising new ideas, designing new artefacts, or producing original work — sits at the apex and represents the highest order of cognitive thinking. Evaluating (making judgements based on criteria) is the second-highest level. The original 1956 taxonomy placed Synthesis at the top, which corresponds to Creating in the revised version.

Answer: (C) [Go Back to Q 16](#)

Q.17

Solution

In student-centered physical education, the teacher's primary role shifts from being a directive authority to being a **facilitator and guide**. Drawing on Muska Mosston's Spectrum of Teaching Styles, approaches such as guided discovery, divergent production, and learner-designed tasks empower students to explore, experiment, and construct their own understanding of movement. The teacher provides the learning environment, sets challenges, asks probing questions, and gives feedback — but does not dictate every



activity or passively observe. Managing equipment is a logistics function, not a primary pedagogical role.

Answer: (B) [Go Back to Q 17](#)

Q.18

Solution

Intrinsic motivation arises from within the individual — the student participates in physical activity because they find it personally enjoyable, challenging, or satisfying, without needing external rewards. According to Self-Determination Theory (Deci & Ryan), intrinsic motivation is fostered by autonomy, competence, and relatedness. It is considered more durable and longer-lasting than extrinsic motivation (medals, grades, praise), which can sometimes undermine intrinsic interest over time (the “overjustification effect”). Physical educators aim to cultivate intrinsic motivation through choice, mastery experiences, and a positive climate.

Answer: (A) [Go Back to Q 18](#)

Q.19

Solution

Formative assessment is assessment *for* learning — it occurs *during* the learning process (not at the end) and is used to inform and improve teaching and learning. In physical education, formative assessment is best exemplified by continuous observation, targeted verbal feedback, corrective cues during drills, peer assessment, and skill demonstrations throughout practice sessions. In contrast, year-end standardised fitness tests, national benchmark tests, and one-time end-of-term gradings are all examples of *summative* assessment (assessment *of* learning).

Answer: (D) [Go Back to Q 19](#)

Q.20

Solution

The most fundamental principle of **inclusive physical education** (also called Adapted Physical Education) is that activities, rules, equipment, instruction, and physical environments are modified so that *all* students — including those with disabilities, chronic conditions, or developmental differences — can participate meaningfully alongside their peers. This universal design approach promotes dignity, belonging, and equitable access.



Segregating students into separate programmes, lowering standards for the whole class, or excluding less capable students all contradict the inclusive education philosophy.

Answer: (C) [Go Back to Q 20](#)



Answer Key — Teacher Apti- tude & Sports Sample Paper 5

MAH B.P.Ed CET — Teacher Aptitude & Sports — Sample Paper 5

20 Questions | +1 per correct answer | No negative marking

Q.No.	Answer	Q.No.	Answer	Q.No.	Answer	Q.No.	Answer	Q.No.	Answer
1	B	2	A	3	D	4	C	5	B
6	A	7	C	8	D	9	B	10	A
11	D	12	C	13	B	14	A	15	D
16	C	17	B	18	A	19	D	20	C

Option	Count
(A)	5
(B)	5
(C)	5
(D)	5
Total	20

Click on any answer letter in the table above to jump to the detailed solution.

*For the question, click the **QN** label in the Solutions section.*

