

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 6

of 8

Questions	Marks	Duration	Marking	Mode	Type
20	20	24 Minutes	+1 / 0	Online CBT	Single-correct MCQ

Instructions

- This paper contains **20 questions**, all of which are compulsory.
- Each question carries **1 mark**. The maximum marks for this section are **20**.
- Each question has **4 options** (A, B, C, D); select the single most correct answer.
- There is **no negative marking**. Unattempted questions carry zero marks.
- The total time allowed is **24 minutes**.
- Do all rough work on a separate sheet; no rough work should appear on the answer sheet.

Section A — Sports Awards

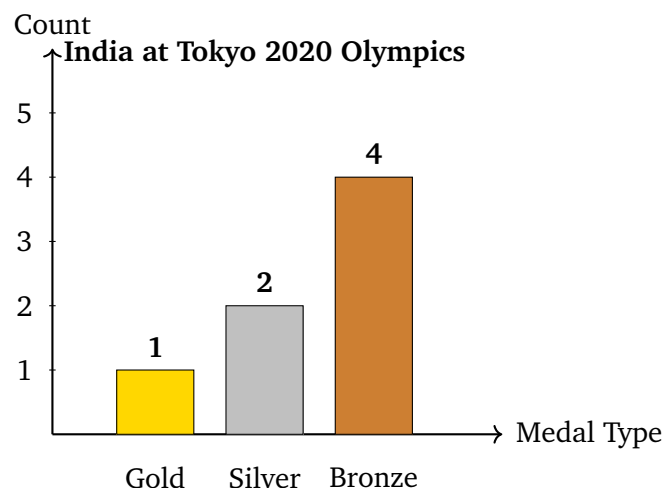
- Q.1.** Shooter Manu Bhaker made history at the Paris 2024 Olympics by becoming the first Indian athlete since independence to win two medals at the *same* Olympic Games. What were those medals?
- (A) One gold and one silver in different shooting events
 - (B) Two gold medals in 10m Air Pistol events
 - (C) Two bronze medals — in 10m Air Pistol (individual) and 10m Air Pistol (mixed team with Sarabjot Singh)
 - (D) One bronze in 10m Air Pistol and one silver in 25m Pistol
- Q.2.** The Target Olympic Podium Scheme (TOPS), launched by the Government of India's Ministry of Youth Affairs and Sports, provides elite support to which category of athletes?
- (A) All school-level athletes enrolled in Khelo India
 - (B) Athletes who have won national championships in the preceding year
 - (C) State-level athletes selected by State Olympic Associations
 - (D) Elite athletes identified as having genuine potential to win medals at the Olympics and Paralympics
- Q.3.** Which legendary sportsperson was awarded the inaugural Rajiv Gandhi Khel Ratna Award (now Dhyan Chand Khel Ratna) in 1991–92 — the very first recipient of India's highest sporting honour?
- (A) Viswanathan Anand (Chess)
 - (B) Leander Paes (Tennis)
 - (C) Prakash Padukone (Badminton)
 - (D) P.T. Usha (Athletics)



- Q.4.** After Sania Mirza officially retired from professional tennis in February 2023 (at the Dubai Tennis Championships doubles final), who became India's highest WTA-ranked women's singles tennis player?
- (A) Prarthana Thombare
(B) Ankita Raina
(C) Karman Kaur Thandi
(D) Rutuja Bhosale
- Q.5.** The Arjuna Award requires that the sportsperson must have had a good performance over the preceding how many years and must have shown qualities of leadership, sportsmanship, and a sense of discipline?
- (A) 2 years
(B) 3 years
(C) 4 years
(D) 5 years

Section B — Olympic Games

- Q.6.** The bar chart below shows India's medal tally at the Tokyo 2020 Olympics (held in 2021). India won a historic 7 medals in total. Which athlete won India's **ONLY** gold medal at Tokyo 2020?



- (A) Bajrang Punia — Wrestling freestyle



- (B) P.R. Sreejesh — Hockey
- (C) Lovlina Borgohain — Boxing
- (D) Neeraj Chopra — Javelin Throw

Q.7. Wrestler K.D. Jadhav, who represented independent India at the 1952 Helsinki Olympics, holds which distinguished position in Indian Olympic history?

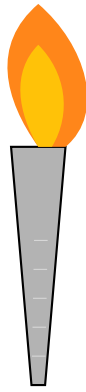
- (A) First Indian from independent India to win an individual Olympic medal (bronze, wrestling bantamweight)
- (B) First Indian to win a gold medal at the Olympics
- (C) First Indian Olympian to compete before Independence
- (D) First Indian to win a medal at the Commonwealth Games

Q.8. The Olympic flame used in the torch relay for each Games is ceremonially lit using a parabolic mirror and sunlight in which ancient Greek city, before embarking on its relay journey to the host city?

- (A) Athens, Greece
- (B) Olympia, Greece
- (C) Delphi, Greece
- (D) Corinth, Greece

Q.9. The Olympic torch (shown above) has been a symbol of the Games since 1936. The tradition of the Winter Olympic Games, run alongside the Summer Games, began at which city?





Olympic Torch

- (A) St. Moritz, Switzerland (1928)
- (B) Lake Placid, USA (1932)
- (C) Chamonix, France (1924)
- (D) Oslo, Norway (1952)

Q.10. The word ‘Communiter’ (meaning ‘Together’) was officially added to the Olympic motto ‘Citius, Altius, Fortius’ at which IOC Session, making the full motto ‘Faster, Higher, Stronger — Together’?

- (A) 136th IOC Session, Buenos Aires (2018)
- (B) 134th IOC Session, Rio de Janeiro (2016)
- (C) 135th IOC Session, Lausanne (2019)
- (D) 138th IOC Session, Tokyo (2021)

**Section C — Current Affairs on
Sports & Games (2022–2024)**

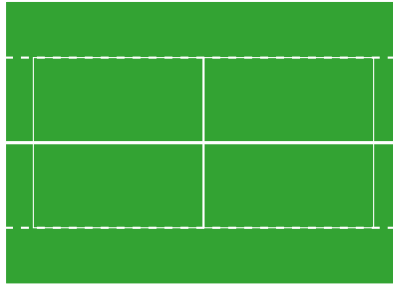
Q.11. The FIH Men’s Hockey World Cup 2023, hosted jointly by Bhubaneswar and Rourkela in India, was won by which country, which defeated Belgium 3–2 in the final?

- (A) Germany
- (B) Netherlands
- (C) Australia



(D) India

Q.12. The court diagram below represents the iconic Wimbledon grass courts. Which player won the Men's Singles title at The Championships, Wimbledon 2024, defeating Novak Djokovic in the final?



- (A) Jannik Sinner (Italy)
- (B) Carlos Alcaraz (Spain)
- (C) Daniil Medvedev (Russia)
- (D) Holger Rune (Denmark)

Q.13. Which team won the Indian Premier League (IPL) 2024 title, defeating Sunrisers Hyderabad in the final to claim their third IPL championship?

- (A) Chennai Super Kings
- (B) Rajasthan Royals
- (C) Kolkata Knight Riders
- (D) Mumbai Indians

Q.14. At the ICC Men's Cricket World Cup 2023, hosted in India and culminating in a final at Narendra Modi Stadium, Ahmedabad, which team won the title, defeating India in a one-sided final?

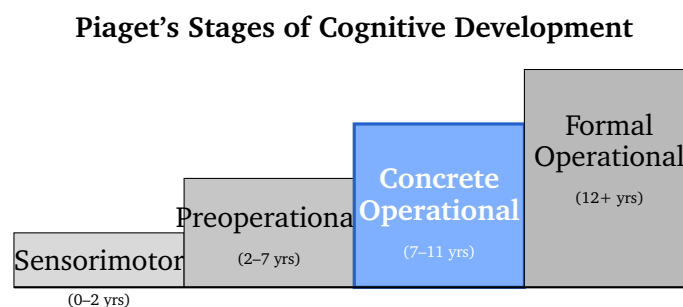
- (A) England
- (B) New Zealand
- (C) South Africa
- (D) Australia



- Q.15.** India won the ACC Men's Asia Cup 2023 (50-over format, held in Pakistan and Sri Lanka) by defeating which team in the final match?
- (A) Sri Lanka
 - (B) Pakistan
 - (C) Bangladesh
 - (D) Afghanistan

Section D — Teacher Aptitude & Professional Ethics

- Q.16.** The staircase diagram shows Jean Piaget's four stages of cognitive development. A physical education teacher working with children aged 7 to 11 years should design activities appropriate for which stage?



- (A) Sensorimotor stage
 - (B) Concrete Operational stage
 - (C) Preoperational stage
 - (D) Formal Operational stage
- Q.17.** Vygotsky's concept of the 'Zone of Proximal Development' (ZPD) gave rise to the teaching strategy called 'scaffolding'. In physical education, scaffolding **BEST** refers to which practice?
- (A) Constructing physical apparatus and fitness stations around the sports ground
 - (B) Testing students at their maximum performance limit without any support



- (C) Providing structured support, hints, and guidance that is gradually reduced as the learner develops competence independently
- (D) Creating a permanent, unchanging lesson plan for the full academic year

Q.18. In physical education, 'augmented feedback' (also called extrinsic feedback) is **BEST** described as:

- (A) The internal sensory information — proprioception, kinesthesia — that a learner naturally receives during movement
- (B) Visual-only feedback provided through video replay exclusively
- (C) Self-assessment by the student without any external input
- (D) Information about performance provided to the learner by an external source such as a teacher, coach, or measuring instrument, supplementing what they naturally sense

Q.19. Which of the following is **NOT** considered a traditional objective of Physical Education as outlined in classic PE curriculum frameworks?

- (A) Developing industrial and manufacturing skills for a career in production
- (B) Organic development — physical fitness and health of the body
- (C) Development of social qualities such as teamwork, cooperation, and sportsmanship
- (D) Neuromuscular development — coordination, agility, and motor skill proficiency

Q.20. Which of the following is the **MOST** effective classroom management strategy for a Physical Education teacher supervising a large group during outdoor activities?

- (A) Reducing supervision by letting students manage their own groups without adult oversight



- (B) Establishing clear routines, pre-defined activity boundaries, and a signal system (e.g., whistle codes) for gaining immediate attention
- (C) Keeping all students seated in a row until every instruction for the entire session has been given
- (D) Relying solely on verbal commands without any physical demonstration of skills



Detailed Solutions — Teacher Aptitude & Sports Sample Paper 6

Q.1

Solution

Manu Bhaker created history at the Paris 2024 Olympics by winning **two bronze medals**: one in the women's 10m Air Pistol individual event, and a second in the 10m Air Pistol mixed team event alongside Sarabjot Singh. She became the first Indian athlete since independence to claim two medals at the same Olympic Games, and was subsequently honoured with the Arjuna Award 2024. Option (A) is wrong — neither medal was gold or silver. Option (B) is wrong — she won bronzes, not golds. Option (D) is wrong — her second medal came in the mixed team event, not in the 25m Pistol.

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

Q.2

Solution

The **Target Olympic Podium Scheme (TOPS)** was launched in 2014 by the Ministry of Youth Affairs and Sports, Government of India. It provides comprehensive government support — financial assistance, specialised equipment, high-performance coaching, physiotherapy, sports science, and foreign exposure — exclusively to **elite athletes with genuine medal potential at the Olympics and Paralympics**. It is not a mass scheme for school-level or state-level athletes (Options A and C), nor is it restricted to national championship winners (Option B).

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

Q.3

Solution

Viswanathan Anand (Chess) was the inaugural recipient of the Rajiv Gandhi Khel Ratna Award in 1991–92, India's highest sporting honour. He went on to win the World Chess Championship five times (2000, 2007, 2008, 2010, 2012). The award was renamed the *Major Dhyan Chand Khel Ratna Award* in 2021. Leander Paes received it in 1996–97; Prakash Padukone and P.T. Usha were Arjuna awardees but not the first Khel Ratna recipients.

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



Q.4

Solution

After Sania Mirza's retirement in February 2023 at the Dubai Tennis Championships doubles final, **Ankita Raina** became India's highest WTA-ranked women's singles player. Prarthana Thombare is primarily a doubles specialist. Karman Kaur Thandi and Rutuja Bhosale are competitive players but ranked lower than Ankita Raina in the WTA singles standings following Sania's departure from the tour.

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

Q.5

Solution

The official criteria set by the Ministry of Youth Affairs and Sports for the **Arjuna Award** specify that the sportsperson must have had consistently outstanding sports performance over the **preceding four years**, in addition to demonstrating qualities of leadership, sportsmanship, and discipline. A period of 2 or 3 years (Options A, B) is too short; 5 years (Option D) exceeds the stipulated criterion.

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

Q.6

Solution

At the Tokyo 2020 Olympics (held in 2021), **Neeraj Chopra** won India's only gold medal with a javelin throw of 87.58m — India's first-ever Olympic gold in athletics. The total tally was 1 Gold, 2 Silver, 4 Bronze (7 medals). Bajrang Punia (wrestling) and Lovlina Borgohain (boxing) won bronze medals. P.R. Sreejesh was goalkeeper for the men's hockey team that won bronze, not a gold medallist.

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

Q.7

Solution

K.D. Jadhav (Khashaba Dadasaheb Jadhav) won a **bronze medal in bantamweight wrestling** at the 1952 Helsinki Olympics, making him the first Indian from independent India to win an individual Olympic medal. India had previously won team gold medals in hockey (1928, 1932, 1936, 1948), but Jadhav's was the first individual medal for the independent nation. He had also competed (but did not medal) at the 1948 London



Olympics.

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

Q.8

Solution

The Olympic flame is ceremonially lit at **Olympia, Greece** — the site of the ancient Olympic Games in the Peloponnese — using a parabolic mirror that focuses sunlight to ignite the flame. Actresses dressed as Greek High Priestesses perform the ceremony. It is *not* lit in Athens (Option A), Delphi (Option C), or Corinth (Option D), though the torch relay may pass through Athens en route.

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

Q.9

Solution

The **first Winter Olympic Games** were held in **Chamonix, France, in January–February 1924**, with 16 nations, 258 athletes, and 16 events. Norway dominated the medal tally. The IOC officially recognised these as the first Winter Olympics in 1926. St. Moritz hosted the second Winter Games in 1928 (Option A); Lake Placid hosted in 1932 (Option B); Oslo hosted in 1952 (Option D).

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

Q.10

Solution

The word '**Communiter**' (**Together**) was officially added to the Olympic motto at the **138th IOC Session held in Tokyo on 20 July 2021**, just days before the opening ceremony of the Tokyo Games. The addition was proposed by IOC President Thomas Bach to reflect global solidarity during and after the COVID-19 pandemic. The full motto became: *Citius, Altius, Fortius — Communiter* (Faster, Higher, Stronger — Together). Options A, B, and C refer to earlier IOC sessions when no such addition was made.

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

Q.11



Solution

Germany won the FIH Men's Hockey World Cup 2023, defeating Belgium 3–2 in the final held in Bhubaneswar on 29 January 2023. Niklas Wellen and Gonzalo Peillat (who plays for Germany after previously representing Argentina) were key scorers. The Netherlands (Option B) and Australia (Option C) did not reach the final. India (Option D) finished 9th after losing their cross-over match to New Zealand.

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

Q.12**Solution**

Carlos Alcaraz (Spain) won the Men's Singles title at The Championships, Wimbledon 2024, defeating Novak Djokovic 6–2, 6–2, 7–6(4) in the final on 14 July 2024. It was Alcaraz's second consecutive Wimbledon title and his third Grand Slam overall. Djokovic was seeking a record-breaking 25th Grand Slam title. Jannik Sinner (Option A) won the Australian Open 2024 and US Open 2024 but not Wimbledon. Medvedev (Option C) and Rune (Option D) did not reach the Wimbledon 2024 final.

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

Q.13**Solution**

Kolkata Knight Riders (KKR) won the IPL 2024 title, defeating Sunrisers Hyderabad by 8 wickets in the final held at MA Chidambaram Stadium, Chennai on 26 May 2024. It was KKR's **third IPL championship** (after 2012 and 2014), and Shreyas Iyer led the team throughout the tournament. Chennai Super Kings (Option A), Rajasthan Royals (Option B), and Mumbai Indians (Option D) were eliminated in earlier rounds.

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

Q.14**Solution**

Australia won the ICC Men's Cricket ODI World Cup 2023, defeating India by 6 wickets in the final at Narendra Modi Stadium, Ahmedabad on 19 November 2023. Travis Head scored a match-winning 137 off 120 balls, turning the game after India had set a target of 241. It was Australia's **sixth 50-over World Cup title**. England (Option A), New Zealand (Option B), and South Africa (Option C) did not reach the final.



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

Q.15

Solution

India defeated **Sri Lanka** in the ACC Men's Asia Cup 2023 final (50-over format) to win their **eighth Asia Cup title**. The final was played in Colombo on 17 September 2023. Virat Kohli and Shubman Gill starred with the bat. Pakistan (Option B) was defeated by India in the Super 4 stage. Bangladesh (Option C) and Afghanistan (Option D) did not reach the final.

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

Q.16

Solution

According to Jean Piaget's theory of cognitive development, children aged 7–11 years are in the **Concrete Operational stage**. At this stage, children begin to think logically about concrete objects, can classify and seriate, and understand conservation. PE activities for this age group should be hands-on, game-based, and grounded in concrete physical experiences — not abstract. The Sensorimotor stage covers 0–2 years (Option A), Preoperational covers 2–7 years (Option C), and Formal Operational covers 12+ years (Option D).

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

Q.17

Solution

Scaffolding (Wood, Bruner & Ross, 1976), derived from Vygotsky's ZPD, refers to **temporary, structured support that is progressively withdrawn** as the learner gains competence. In PE, this means breaking a motor skill into manageable steps, providing verbal cues, physical guidance, demonstrations, or peer modelling, then gradually reducing assistance. Option (A) confuses scaffolding with equipment construction. Option (B) describes unsupported maximum-performance testing. Option (D) describes a rigid lesson plan, not responsive scaffolding.

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

Q.18



Solution

Augmented (extrinsic) feedback is information about performance that comes from an **external source** — a teacher, coach, video analysis, timing device, or other measuring instrument — and supplements the learner's own natural sensations. It includes Knowledge of Results (KR — outcome) and Knowledge of Performance (KP — movement quality). Option (A) describes *inherent/intrinsic* feedback (proprioception, kinesthesia). Option (B) restricts feedback to video only, which is too narrow. Option (C) describes self-assessment, which is internal, not augmented.

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

Q.19**Solution**

The four traditional objectives of Physical Education are: **(1) Organic** (physical fitness, health, cardiovascular endurance); **(2) Neuromuscular** (motor skill development, coordination, agility); **(3) Interpretive/Cognitive** (understanding rules, strategy, biomechanics); **(4) Social-emotional** (teamwork, leadership, sportsmanship). **Developing industrial or manufacturing skills** (Option A) is entirely outside the scope of PE objectives and belongs to vocational/technical education curricula. Options B, C, and D are all legitimate traditional PE objectives.

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

Q.20**Solution**

The most effective outdoor PE management strategy for large groups is **establishing clear routines, defined activity boundaries, and a pre-agreed signal system** (e.g., one whistle blast = freeze, two blasts = return to teacher). This minimises transition time, reduces safety risks, and ensures immediate compliance across a wide area. Option (A) reduces adult supervision, creating safety hazards. Option (C) wastes activity time and causes disengagement. Option (D) omits physical demonstration, which is essential in physical skill learning and with groups spread over distance.

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



Answer Key — Teacher Apti- tude & Sports Sample Paper 6

MAH B.P.Ed CET — Teacher Aptitude & Sports — Sample Paper 6

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

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.*

