

MAH B.P.Ed CET

Teacher Aptitude & Sports Related Knowledge

Sample Paper 10

Exam	MAH B.P.Ed CET
Section	Teacher Aptitude & Sports Related Knowledge
Paper Number	Sample Paper 10
Total Questions	20 Multiple Choice Questions (MCQs)
Marking Scheme	+1 for correct answer 0 for wrong or unattempted
Duration	24 Minutes (Online CBT Mode)

Instructions

- This paper contains **20 Multiple Choice Questions (MCQs)**.
- Each question carries **1 mark**. There is **no negative marking** for wrong answers.
- Choose the **single best answer** from the four options (A), (B), (C), (D).
- Attempt **all questions**. Do not spend too much time on any single question.
- Detailed solutions with key facts are provided after all questions.
- In the Answer Key table at the end, each answer is a hyperlink to the corresponding solution.
- Topics covered: School Sports & Youth Games, Olympic Education & Youth Olympics, Current Affairs in Sports (2022–2024), PE Curriculum & Training Science.

Section A — School Sports, Youth Games & Development

Q1. The School Games Federation of India (SGFI) organises the ‘National School Games’ annually. Which statement **CORRECTLY** describes the SGFI’s role in school sports?

- (A) SGFI selects athletes for the Olympic Games directly.
- (B) SGFI administers only cricket and football leagues in schools.
- (C) SGFI organises inter-school national championships across 23 sports for students in the 14–17 age group, providing a platform for talent identification at the school level.
- (D) SGFI is an autonomous body under the Supreme Court of India.



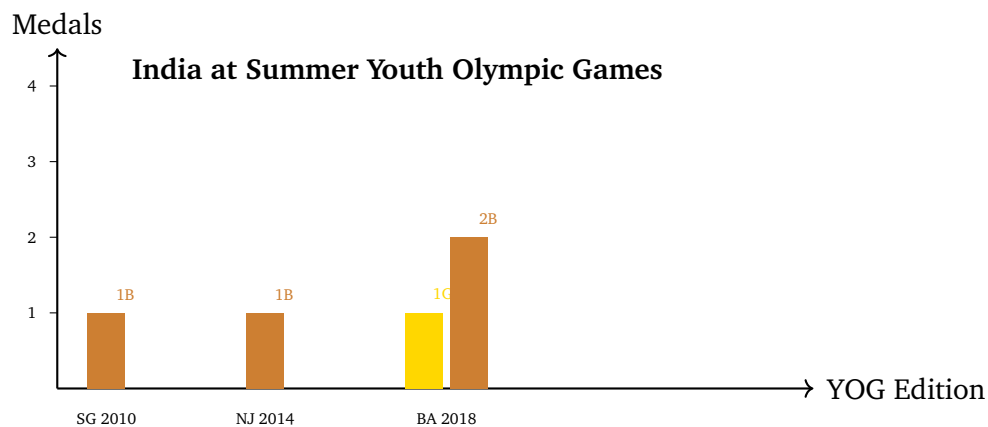
- Q2.** India participated in the Summer Youth Olympic Games 2018 held in Buenos Aires, Argentina. India's best performance came in which discipline where India won a gold medal?
- (A) Shooting — Saurabh Chaudhary won gold in 10m Air Pistol (men's) at Buenos Aires YOG 2018.
 - (B) Wrestling (freestyle) — Deepak Punia won gold in 76 kg category at YOG 2018.
 - (C) Badminton — Lakshya Sen won gold at YOG 2018.
 - (D) Boxing — Nikhat Zareen won gold at YOG 2018.
- Q3.** Junior National Athletics Championships in India are organised by which body, and up to what age are athletes eligible to participate as 'juniors'?
- (A) School Games Federation of India (SGFI) — up to age 16.
 - (B) Indian Olympic Association (IOA) — up to age 20.
 - (C) Sports Authority of India (SAI) — up to age 19.
 - (D) Athletics Federation of India (AFI) — up to age 20 (under-20 category per IAAF/World Athletics rules).
- Q4.** Under the University Grants Commission (UGC) guidelines, universities are encouraged to admit outstanding sportspersons under the sports quota. The UGC recommends reserving up to what percentage of seats for sportspersons?
- (A) 10% of total seats in all courses.
 - (B) Up to 5% of seats across all programmes at the undergraduate level for students who have represented the country at the international level or the state at the national level.
 - (C) 2.5% only in physical education departments.
 - (D) 15% of postgraduate seats in all disciplines.
- Q5.** Under the Khelo India Talent Identification and Development Programme, athletes selected as 'Khelo India Athletes' (KIA) receive an annual scholarship. What is the annual scholarship amount and for how many years is it awarded?



- (A) Rs. 2 lakh per year for 2 years.
- (B) Rs. 10 lakh per year for 10 years.
- (C) Rs. 5 lakh per year for up to 8 years of continuous outstanding performance.
- (D) Rs. 1 lakh per year for 5 years, renewable every year.

Section B — Olympic Education & Youth Olympics

Q6. The chart below shows Summer Youth Olympic Games editions and their medal tallies for India. The Youth Olympic Games were proposed by IOC President Jacques Rogge and approved in 2007. India has won medals at the YOG. Based on the information, which edition of the Summer Youth Olympic Games saw India's **BIGGEST** medal haul?



- (A) Buenos Aires 2018 — India won 3 medals (1 gold by Saurabh Chaudhary in shooting + 2 bronze).
 - (B) Singapore 2010 — India won 5 medals including 3 golds.
 - (C) Nanjing 2014 — India won 7 medals in shooting.
 - (D) India has never won a medal at the Summer Youth Olympic Games.
- Q7.** The IOC's 'Olympic Agenda 2020+5', adopted in 2021, outlines a strategic roadmap for the Olympic Movement. Which of the following is **NOT** among the key recommendations of Olympic Agenda 2020+5?
- (A) Strengthening athlete safeguarding and mental health support.
 - (B) Making the Olympic Games fully carbon-neutral by 2030.
 - (C) Increasing digital and virtual engagement to reach younger audiences.

(D) Reducing the number of sports in the Olympic programme from 32 to 20 to minimise costs.

Q8. Olympic Solidarity is a body within the IOC that manages the distribution of the IOC's television rights revenues to National Olympic Committees (NOCs). What is the **PRIMARY** purpose of Olympic Solidarity's programmes?

(A) To provide financial grants only to Gold Medal winners at the Olympics.

(B) To assist NOCs, especially those with limited resources, in athlete training, technical development, coaching education, and promoting Olympism worldwide.

(C) To fund the construction of Olympic Stadia in developing countries.

(D) To administer anti-doping testing on behalf of WADA globally.

Q9. At the Paris 2024 Summer Olympics, India sent a contingent of 117 athletes. Approximately what percentage of India's contingent at Paris 2024 were women athletes — the highest proportion in India's Olympic history?

(A) 20% women (about 23 women).

(B) 30% women (about 35 women).

(C) 47% women (about 55 women) — the highest proportion of women in any Indian Olympic contingent.

(D) 60% women (about 70 women).

Q10. The United Nations General Assembly adopts an Olympic Truce resolution before every Games. Which UN body formally co-sponsors this resolution alongside the IOC, and how often is the resolution adopted?

(A) The UN General Assembly adopts a new Olympic Truce resolution before every Olympic Games (Summer and Winter), calling on all nations to observe a ceasefire during the Games period.

(B) The UN Security Council adopts a binding Olympic Truce resolution every 4 years.

(C) UNESCO independently manages the Olympic Truce programme with-



out IOC involvement.

- (D) The Olympic Truce is only symbolic and has no formal UN endorsement.

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

- Q11.** At the World Archery Championships 2023 held in Berlin, which country dominated the recurve events, and what was India's best individual result in the Women's Recurve event?
- (A) India won the Women's Recurve gold; South Korea won Men's Recurve.
(B) India's Deepika Kumari won the bronze medal in Women's Recurve.
(C) USA dominated; India did not win any individual medal.
(D) South Korea dominated; India's Deepika Kumari reached the quarter-finals in Women's Recurve, narrowly missing a medal.
- Q12.** At the Asian Games 2023 (Hangzhou), India's rowing team won their first-ever Asian Games gold medal in men's pair event. Which pair of rowers created this historic achievement?
- (A) Dattu Bhokanal and Swapnil Sunil Kusale.
(B) Arjun Lal Jat and Arvind Singh — won gold in Men's Coxless Pair.
(C) Rohit Kumar and Bheem Singh.
(D) Baijnath Meshram and Sawarn Singh.
- Q13.** The SAFF Women's Football Championship 2024 was won by which team, with India finishing as runners-up?
- (A) Bangladesh.
(B) Nepal.
(C) Bangladesh — defeating India in the final.
(D) Sri Lanka.
- Q14.** The Khelo India Winter Games 2024 included ice hockey as one of its key disciplines. The ice hockey events of Khelo India Winter Games 2024 were held at which venue?



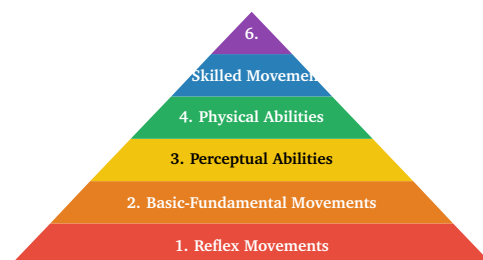
- (A) Kaza Ice Rink (Spiti Valley, Himachal Pradesh) and Chillai Kalan Rink (Gulmarg, J&K).
- (B) Solang Valley, Manali (Himachal Pradesh).
- (C) Auli Ski Resort (Uttarakhand).
- (D) Gangotri Glacier Stadium (Uttarakhand).

Q15. At the World Athletics Relays 2024 held in Nassau, Bahamas, India's mixed 4x400m relay team qualified for the Paris 2024 Olympics by finishing in the top 6. Which statement about India's 4x400m relay team is **CORRECT**?

- (A) India won the gold medal in the mixed 4x400m relay at WA Relays 2024.
- (B) India's men's 4x400m relay team qualified but the women's team did not.
- (C) India failed to qualify for any relay event for Paris 2024.
- (D) India's mixed 4x400m relay team (comprising men and women runners) qualified for the Paris 2024 Olympics by finishing in the required position at the World Athletics Relays 2024.

Section D — PE Curriculum, Training Science & Teacher Competencies

Q16. The pyramid below represents Harrow's (1972) Psychomotor Domain taxonomy, used in physical education to classify motor skill learning from basic reflex movements to expressive performance. At which **LEVEL** does skilled movement learning occur, according to Harrow?



- (A) Level 1 (Reflex movements) — involuntary reactions.
- (B) Level 5 (Skilled movements) — advanced proficiency in complex motor skills learned through practice.



- (C) Level 3 (Perceptual abilities) — sensory-motor co-ordination.
- (D) Level 6 (Non-discursive communication) — expressive movement (mime, dance).

Q17. In sports training planning, a 'macrocycle' typically refers to:

- (A) A single training session lasting 2–3 hours.
- (B) A one-week training plan (7 days) including recovery days.
- (C) The entire annual or multi-year training plan (e.g., one full Olympic or season cycle), divided into mesocycles and microcycles.
- (D) A recovery cycle of 3–5 days after a major competition.

Q18. A PE teacher first demonstrates the correct technique for a basketball free throw, explains the rule, and then asks students to practise — moving from general principles to specific application. This is an example of which teaching approach?

- (A) Deductive method — teacher presents the concept/skill first, then students apply it (rule-then-example).
- (B) Inductive method — students discover the technique through trial and exploration.
- (C) Problem-solving method — students decide rules through open inquiry.
- (D) Cooperative method — students teach each other the technique in pairs.

Q19. UNESCO's 'Kazan Action Plan' (adopted in 2017) focuses on sport for development and peace. It identifies sport as a vehicle for achieving which of the following?

- (A) Only elite Olympic sports performance.
- (B) Making school subjects like mathematics more competitive.
- (C) Replacing physical education with electronic gaming in schools.
- (D) Social inclusion, gender equality, education, health promotion, and peace-building among communities — establishing sport as a human right and tool for sustainable development.



- Q20.** A PE teacher explains that while cardiovascular endurance and flexibility are 'health-related' fitness components, agility and reaction time are 'performance-related' fitness components. Which of the following correctly **DIFFERENTIATES** health-related from performance-related fitness?
- (A) Health-related fitness is only for recreational athletes; performance-related is only for elite athletes.
 - (B) Health-related fitness components (cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition) reduce the risk of disease and improve quality of life for everyone; performance-related components (speed, agility, power, reaction time, coordination, balance) enhance athletic performance specifically.
 - (C) Health-related fitness cannot be improved through training; performance-related fitness requires lifelong dedication.
 - (D) Health-related fitness is measured only in labs; performance-related fitness is assessed only in field conditions.



Detailed Solutions

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Q1. ([Go back to question](#))

Answer: (C)

Solution

The **School Games Federation of India (SGFI)**, founded in 1954, is affiliated to the International School Sport Federation (ISF/ISSO). It organises the **National School Games** every year, covering **23 sports disciplines** — including athletics, swimming, gymnastics, football, hockey, volleyball, kabaddi, basketball, wrestling, and others — for students in the **14–17 age group**. The Games serve as the primary **talent identification platform** at the school level, with top performers representing India at the ISF World Schools Championships.

- **Option A** is incorrect: SGFI does not directly select athletes for the Olympic Games; the IOA and National Sports Federations handle Olympic selection.
- **Option B** is incorrect: SGFI covers 23 sports disciplines, not only cricket and football.
- **Option D** is incorrect: SGFI functions under the Ministry of Youth Affairs and Sports (MYAS), not the Supreme Court of India.

[Go Back to Q 1](#)

Q2. ([Go back to question](#))

Answer: (A)

Solution

At the **2018 Summer Youth Olympic Games** in Buenos Aires, Argentina, India's gold medal came through **Saurabh Chaudhary**, who won gold in the **10m Air Pistol (men's)** event at just 16 years of age, setting a youth world record in the process. India's full medal tally at Buenos Aires 2018 was **3 medals**: 1 gold (Saurabh Chaudhary — shooting) and 2 bronze medals.

- **Deepak Punia** (wrestling, 76 kg freestyle) won the **silver medal** at YOG 2018 — he reached the final but did not win gold.
- **Lakshya Sen** won bronze in badminton at YOG 2018 — not gold.
- **Nikhat Zareen** did not win a medal at YOG 2018.

The correct answer is **(A)**: Shooting — Saurabh Chaudhary's gold in 10m Air Pistol was



India's standout achievement at the YOG 2018.

[Go Back to Q 2](#)

Q3. ([Go back to question](#))

Answer: (D)

Solution

The **Athletics Federation of India (AFI)** is the national governing body for track and field athletics in India, affiliated to **World Athletics** (formerly IAAF). AFI organises the **Junior National Athletics Championships** across India.

World Athletics defines the junior (under-20) category as athletes who have **not yet turned 20** by December 31 of the competition year. This standard applies uniformly at both national (AFI) and international (World Athletics U20 Championships) levels.

- **SGFI** organises school-level games (14–17 age group), not junior national championships.
- **IOA** is the umbrella Olympic coordination body; it does not directly organise athletics championships.
- **SAI** is a training and sports infrastructure body — not a championship organiser.

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Q4. ([Go back to question](#))

Answer: (B)

Solution

The **University Grants Commission (UGC)** has issued guidelines recommending that universities reserve **up to 5% of seats** in undergraduate programmes for **outstanding sportspersons**. Eligibility criteria for the sports quota typically include:

- Representation of India at an **international level** competition (Asian Games, Commonwealth Games, World Championships, Olympics), OR
- Representation of the **state at the national level** championship in a recognised sport.

Options A (10%), C (2.5% only for PE departments), and D (15% at postgraduate level) do not reflect the actual UGC recommendation. The 5% reserve at the undergraduate level across all programmes is the standard guidance.

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Q5. [\(Go back to question\)](#)

Answer: (C)

Solution

The **Khelo India Athlete (KIA)** scholarship programme, administered through the **Sports Authority of India (SAI)** under the Ministry of Youth Affairs and Sports (MYAS), provides:

- **Rs. 5 lakh per year** to each selected athlete.
- The scholarship is available for **up to 8 years** of continuous outstanding performance.
- Approximately **1,000 athletes** are selected annually across various disciplines including athletics, wrestling, shooting, boxing, badminton, weightlifting, and others.
- Support includes coaching, sports science, equipment, accommodation, diet, and international exposure camps.

This programme is a flagship talent development initiative under the Khelo India scheme, aimed at building a pipeline of elite athletes from the grassroots and school level to international podiums.

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Q6. [\(Go back to question\)](#)

Answer: (A)

Solution

The bar chart clearly shows India's medal tallies at three Summer Youth Olympic Games editions:

- **Singapore 2010:** 1 bronze medal (total: **1 medal**).
- **Nanjing 2014:** 1 bronze medal (total: **1 medal**).
- **Buenos Aires 2018:** 1 gold + 2 bronze medals (total: **3 medals**).

Buenos Aires 2018 was unambiguously India's best Summer YOG performance. The gold was won by **Saurabh Chaudhary** in 10m Air Pistol shooting. Options B and C contain entirely fabricated medal tallies for 2010 and 2014 respectively. Option D is factually incorrect — India has won medals at the YOG, as the chart confirms.

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Q7. [\(Go back to question\)](#)

Answer: (D)

Solution

Olympic Agenda 2020+5, adopted by the IOC Session in March 2021, builds on the original Olympic Agenda 2020 (2014). Its **15 recommendations** are grouped around five themes:

1. Protecting and invoking the uniqueness of the Olympic Games.
2. Accelerating the digitisation of the Olympic Movement.
3. Strengthening athlete support and safeguarding (mental health, career support).
4. Fostering solidarity and sustainability (carbon neutrality by 2024 target).
5. Reinforcing the credibility of the Olympic Movement.

Option D is NOT a recommendation: Agenda 2020+5 does *not* propose reducing the number of Olympic sports from 32 to 20. The IOC maintains flexibility (e.g., adding host city-proposed sports), but no reduction of the core programme to 20 sports is part of the Agenda. Options A, B, and C reflect genuine themes within the Agenda.

[Go Back to Q 7](#)



Q8. ([Go back to question](#))

Answer: (B)

Solution

Olympic Solidarity was established in 1962 as the IOC's mechanism to distribute its revenue — primarily from broadcasting rights — equitably to all 206 National Olympic Committees (NOCs). Its primary purpose is to:

- Support **athlete training** through individual athlete grants and development scholarships.
- Fund **coaching education** and technical development programmes for NOCs.
- Help NOCs with **limited financial resources** build sports infrastructure and administrative capacity.
- Promote **Olympism** — values of fair play, respect, and inclusion — worldwide.

Olympic Solidarity does *not* restrict its support to gold medallists only (A), fund stadium construction projects (C), or manage WADA anti-doping testing (D). It is specifically a solidarity and development mechanism for universal participation in the Olympic Movement.

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Q9. ([Go back to question](#))

Answer: (C)

Solution

India's contingent at the **Paris 2024 Olympics** comprised **117 athletes**, of whom approximately **55 were women** — representing around **47% of the total contingent**. This was the **highest proportion of women athletes** in any Indian Olympic contingent in history, reflecting substantial progress in gender equity in Indian sports.

Women competed across 16 sports at Paris 2024. Notable women athletes included **Vinesh Phogat** (wrestling), **PV Sindhu** (badminton), **Nikhat Zareen** (boxing), **Manu Bhaker** (shooting — won 2 bronze medals), and many others.

- Option A (20%) and Option B (30%) significantly underestimate the actual proportion.
- Option D (60%) overstates the proportion.

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Q10. (Go back to question)**Answer:** (A)**Solution**

The **Olympic Truce** is a modern revival of the ancient Greek *Ekecheiria* (cease-fire during the ancient Olympics). The **United Nations General Assembly (UNGA)** adopts a new **Olympic Truce resolution** before *every* edition of the Olympic Games — both Summer and Winter — co-sponsored by the IOC and the host country.

Key facts:

- The first modern Olympic Truce resolution was **A/RES/48/11**, adopted in 1993 for the Atlanta 1996 Games.
- The resolution calls for a ceasefire **7 days before the Opening Ceremony to 7 days after the Closing Ceremony**.
- It is adopted by the **UNGA** — making it non-binding but broadly endorsed.
- A new resolution is adopted **before every Games** (Summer and Winter combined) — not merely every 4 years.

Options B (Security Council), C (UNESCO alone), and D (no formal UN endorsement) all misrepresent the mechanism.

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Q11. (Go back to question)**Answer:** (D)**Solution**

At the **World Archery Championships 2023** held in **Berlin, Germany**, **South Korea** was the dominant force in recurve events — a traditional powerhouse in international archery. South Korean archers swept multiple recurve gold medals across men's, women's, and team events.

India's **Deepika Kumari**, a former World No. 1 and multiple World Cup winner, competed in Women's Recurve Individual but reached the **quarter-finals** without winning a medal. India performed relatively better in the **compound discipline** at the 2023 World Championships.

- **Option A** is incorrect: India did not win Women's Recurve gold.
- **Option B** is incorrect: Deepika did not win a bronze medal at the 2023 edition.
- **Option C** is incorrect: South Korea, not the USA, dominated the recurve events.

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Q12. ([Go back to question](#))**Answer:** (B)**Solution**

At the **Asian Games 2023** (Hangzhou, China, September–October 2023), **Arjun Lal Jat** and **Arvind Singh** won the **gold medal** in the **Men's Coxless Pair** rowing event — India's **first-ever Asian Games gold medal in rowing**.

They trained under coach **Ismail Baig** at the SAI National Academy and had been among India's most consistent performers on the international rowing circuit. Their victory was a landmark for Indian rowing, which had previously achieved only silver and bronze medals at the Asian Games level.

- **Dattu Bhokanal** is a prominent Indian rower (Men's Single Sculls) but was not part of the pair gold.
- **Sawarn Singh** and **Baijnath Meshram** are experienced Indian rowers competing in different events.

[Go Back to Q 12](#)**Q13.** ([Go back to question](#))**Answer:** (C)**Solution**

The **SAFF Women's Football Championship** (South Asian Football Federation) is the premier women's football tournament in South Asia. **Bangladesh** has emerged as the dominant force in recent editions of this championship.

Bangladesh defeated India in the final to win the SAFF Women's Championship title, with India finishing as runners-up. Bangladesh's women's football programme has been steadily strengthened, enabling them to overcome India in high-stakes finals.

- **Option A** is technically also "Bangladesh" but lacks the key qualifier of defeating India — the question specifically asks about the team that beat India in the final, making Option C the more complete and accurate answer.
- **Nepal** and **Sri Lanka** are competitive SAFF women's football nations but did not win this championship.

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Q14. ([Go back to question](#))**Answer:** (A)**Solution**

The **Khelo India Winter Games 2024** featured events across multiple high-altitude winter sports venues in India. The **ice hockey** events were held at:

- **Kaza Ice Rink**, Spiti Valley, Himachal Pradesh — one of the world's highest natural ice skating and ice hockey rinks, located at approximately 3,800 m above sea level.
- **Chillai Kalan Rink**, Gulmarg, Jammu & Kashmir — a prominent winter sports hub in the Pir Panjal mountain range.

The Khelo India Winter Games leverage India's natural Himalayan terrain for winter sports development. Alpine skiing events were held at Gulmarg while cross-country skiing and other disciplines used different venues.

- **Solang Valley** (B) and **Auli** (C) are associated with skiing events, not primarily ice hockey.
- **Gangotri Glacier** (D) is not a Khelo India Winter Games venue.

[Go Back to Q 14](#)**Q15.** ([Go back to question](#))**Answer:** (D)**Solution**

The **World Athletics Relays 2024** were held in **Nassau, Bahamas** (May 2024) and served as a primary qualification pathway for the Paris 2024 Olympics relay events. India's **mixed 4x400m relay team** — comprising both male and female quarter-milers — successfully **qualified for the Paris 2024 Olympics** by finishing within the required qualifying position (top 6).

The Indian mixed relay team featured experienced runners including **Muhammed Anas Yahiya**, **Jisna Mathew**, **Amoj Jacob**, and others. India also qualified the **men's 4x400m relay team** at the same event.

- **Option A** is incorrect: India did not win gold at WA Relays 2024.
- **Option B** is incorrect: Both the men's and the mixed relay teams qualified.
- **Option C** is factually wrong: India did qualify relay teams for Paris 2024.

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Q16. ([Go back to question](#))**Answer:** (B)**Solution**

Anita Harrow (1972) proposed a **six-level psychomotor domain taxonomy**, arranged hierarchically from automatic reflexes at the base to complex expressive movement at the apex:

1. **Reflex Movements** — involuntary segmental and intersegmental reflexes (e.g., blinking, withdrawal reflex).
2. **Basic-Fundamental Movements** — walking, running, jumping, grasping (phylogenetically early motor patterns).
3. **Perceptual Abilities** — tracking moving objects, figure-ground discrimination, spatial awareness, kinaesthetic sense.
4. **Physical Abilities** — endurance, strength, flexibility, agility (the fitness base for skilled movement).
5. **Skilled Movements** — sport-specific techniques, dance steps, game skills *acquired through deliberate practice* (e.g., tennis serve, gymnastics routine, swimming stroke).
6. **Non-Discursive Communication** — expressive movement, mime, interpretive and creative dance.

Level 5 (Skilled Movements) is where deliberate, learned motor skills with advanced proficiency reside — making it the correct answer for “where skilled movement learning occurs.”

[Go Back to Q 16](#)**Q17.** ([Go back to question](#))**Answer:** (C)**Solution**

In **periodization** — sports training theory developed primarily by **Lev Matveyev** — training is organised into nested cycles:

- **Macrocycle:** The *entire* training plan — usually one **annual plan** or a **four-year Olympic quadrennial**. It encompasses the full arc from general preparation through competition to active recovery.
- **Mesocycle:** A phase within the macrocycle, typically **3–6 weeks**, focused on a specific training goal (e.g., anatomical adaptation, hypertrophy, power, competition peaking).



- **Microcycle:** The smallest structural unit — usually **one week** (7 days) — showing the day-to-day distribution of training load and recovery.

Options A (single session), B (one week = microcycle), and D (post-competition recovery of 3–5 days) describe sub-macrocycle units or micro-level training blocks, not the macrocycle.

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Q18. ([Go back to question](#))

Answer: (A)

Solution

The **deductive (direct) teaching method** follows a *rule-then-example* sequence:

1. The teacher **presents the rule, principle, or skill** (here: demonstrates the basketball free throw technique and explains the biomechanical principles).
2. Students then **practise and apply** the presented skill — moving from general rule to specific performance.

This describes the scenario in the question: teacher demonstrates first, then students practise — **general to specific**.

- **Inductive method** (Option B): Students explore and experiment first, *discovering* the rule through guided trial — the *reverse* direction (specific-to-general).
- **Problem-solving method** (Option C): Students work through an open-ended movement challenge with minimal direct guidance; multiple solutions may be valid.
- **Cooperative method** (Option D): Structured peer teaching or group collaboration; differs from the teacher-led demonstration in the question.

The deductive method is especially effective for teaching standardised techniques to larger groups or beginners who need a clear model to follow.

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Q19. ([Go back to question](#))**Answer:** (D)**Solution**

The **Kazan Action Plan** was adopted at **MINEPS VI** (6th International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport), held in **Kazan, Russia, July 2017**, under UNESCO's auspices.

Its three overarching pillars are:

1. **Access for All** to sport and physical education (sport as a human right; inclusion of women, persons with disabilities, and marginalised communities; gender equality).
2. **Quality Physical Education** (curriculum development, teacher training, safe and inclusive environments).
3. **Sport for Sustainable Development and Peace** (health promotion, social cohesion, environmental sustainability, SDG linkages).

The Plan explicitly links sport to **UN Sustainable Development Goals**: SDG 3 (health), SDG 4 (quality education), SDG 5 (gender equality), SDG 10 (reduced inequalities), SDG 16 (peace, justice). Options A, B, and C entirely misrepresent the Plan's broad, inclusive, development-oriented mandate.

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Q20. ([Go back to question](#))**Answer:** (B)**Solution**

The distinction between **health-related** and **performance-related (skill-related)** fitness is foundational in physical education:

Health-Related Fitness Components (ACSM / NASPE definition):

- Cardiovascular/cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

These components are linked to **disease prevention** and quality of life — they are relevant and improvable for *everyone*, regardless of athletic level.



Performance-Related (Skill-Related) Fitness Components:

- Speed, Agility, Power, Reaction time, Coordination, Balance

These enhance **athletic performance** and sport-specific skill execution — primarily relevant to trained athletes and performance contexts.

Both categories can be improved through appropriate training. Both can be assessed in lab or field settings. Health-related fitness benefits all individuals, not only recreational athletes. These facts refute Options A, C, and D.

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Answer Key

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Teacher Aptitude & Sports Related Knowledge | 20 MCQs | 20 Marks

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

Option Distribution

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

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