

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 7

of 8

Total Questions	20
Total Marks	20
Duration	24 Minutes
Marking Scheme	+ 1 per correct answer / 0 for incorrect
Mode	Online CBT
Question Type	Single-correct MCQ

Instructions

- This paper contains **20 questions**, each carrying **1 mark**.
- Each question has **four options (A, B, C, D)**; choose only one correct answer.
- There is **no negative marking** for wrong answers.
- The total duration of this paper is **24 minutes**.
- Read each question carefully before selecting your answer.
- Use a **separate sheet** for all rough work.

Section A — Sports Awards

Q.1. The Major Dhyan Chand Khel Ratna Award 2022 (India's highest sporting honour) was jointly conferred upon Achanta Sharath Kamal (Table Tennis) and which other athlete, who had also won Olympic gold in Tokyo 2020?

- (A) Bajrang Punia
- (B) Lovlina Borgohain
- (C) P.R. Sreejesh
- (D) Neeraj Chopra

Q.2. The current prize money component of the Major Dhyan Chand Khel Ratna Award (as revised by the Government of India) is:

- (A) Rs. 5 lakh
- (B) Rs. 10 lakh
- (C) Rs. 25 lakh
- (D) Rs. 50 lakh

Q.3. Manu Bhaker, who won two bronze medals at the Paris 2024 Olympics, was also awarded the Arjuna Award in 2024. She specialises in which shooting discipline?

- (A) 10m Air Rifle
- (B) 10m Air Pistol
- (C) 50m Rifle 3 Positions
- (D) 25m Rapid Fire Pistol

Q.4. National Sports Day (Rashtriya Khel Diwas) is celebrated on 29 August every year. In which year was it FIRST officially observed as National Sports Day in India?

- (A) 2012



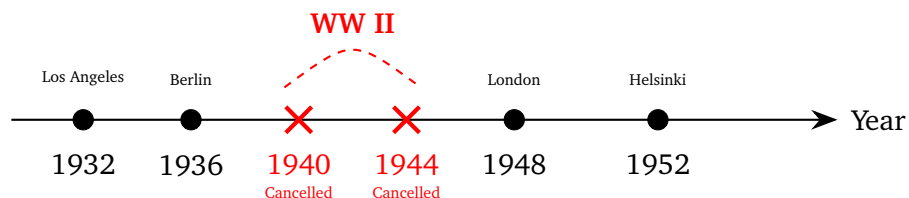
- (B) 2015
- (C) 2018
- (D) 2021

Q.5. All national sports awards in India — including the Khel Ratna, Arjuna, Dronacharya, and Dhyan Chand awards — are presented by which ministry of the Government of India?

- (A) Ministry of External Affairs
- (B) Ministry of Culture
- (C) Ministry of Education
- (D) Ministry of Youth Affairs and Sports

Section B — Olympic Games

Q.6. The timeline below shows Summer Olympics years. Two Games were cancelled due to World War II. Which two years of Summer Olympics were cancelled?



- (A) 1932 and 1936
- (B) 1936 and 1940
- (C) 1940 and 1944
- (D) 1944 and 1948

Q.7. Who served as the FIRST President of the International Olympic Committee (IOC), elected when Pierre de Coubertin founded the IOC in 1894?

- (A) Pierre de Coubertin (France)
- (B) Demetrios Vikelas (Greece)

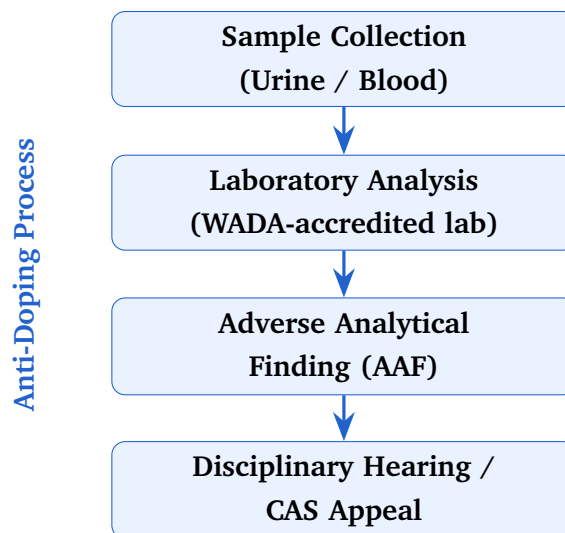


- (C) Avery Brundage (USA)
- (D) Juan Antonio Samaranch (Spain)

Q.8. At which Olympic Games were women first permitted to participate as competitors in athletic events?

- (A) Paris, 1900
- (B) Athens, 1896
- (C) St. Louis, 1904
- (D) Stockholm, 1912

Q.9. The flowchart below shows the anti-doping process governed by the World Anti-Doping Agency (WADA). Where is WADA headquartered?



- (A) Geneva, Switzerland
- (B) Paris, France
- (C) Lausanne, Switzerland
- (D) Montreal, Canada

Q.10. Brisbane, Australia is confirmed to host which future Summer Olympic Games, making it the third Australian city to host the Olympics after Melbourne (1956) and Sydney (2000)?

- (A) 2028

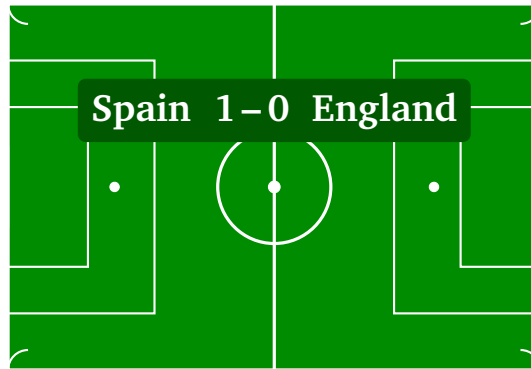


- (B) 2030
- (C) 2032
- (D) 2036

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

- Q.11.** At the ICC Men's Cricket World Cup 2023, hosted across India, which team defeated India by 6 wickets in the final to win the tournament for a record sixth time, with Travis Head scoring a crucial century?
- (A) England
 - (B) Australia
 - (C) South Africa
 - (D) New Zealand
- Q.12.** Legendary Indian football captain Sunil Chhetri announced his retirement from international football in 2024. How many international goals did he score for India in his career — making him among the highest international goalscorers in the history of men's football at the time of retirement?
- (A) 94 goals
 - (B) 72 goals
 - (C) 110 goals
 - (D) 55 goals
- Q.13.** The figure below represents the football pitch where the FIFA Women's World Cup 2023 Final was played in Sydney, Australia. Spain won the tournament. Which team did Spain defeat in the final?





- (A) USA
- (B) Germany
- (C) Japan
- (D) England

Q.14. Which Indian para-athlete won a gold medal in the F64 javelin throw at the Paris 2024 Paralympics, setting a new world record of 70.59 metres in the process?

- (A) Devendra Jhajharia
- (B) Mariyappan Thangavelu
- (C) Sumit Antil
- (D) Praveen Kumar

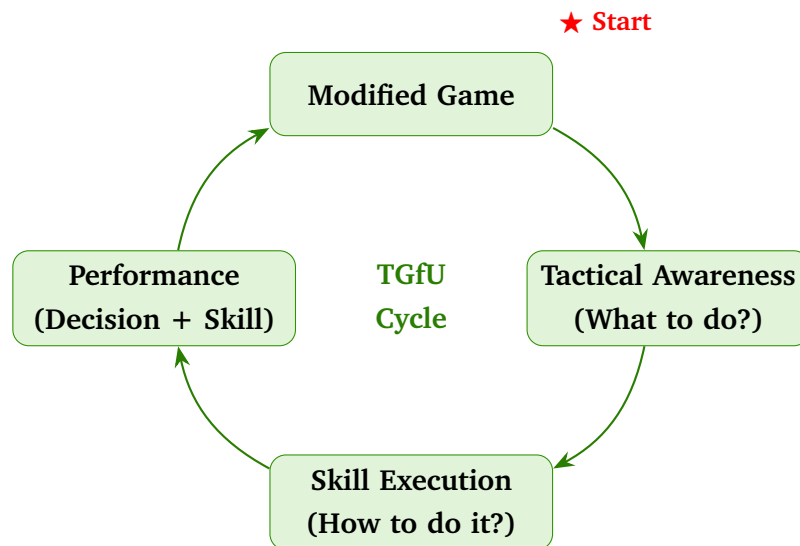
Q.15. At the IBA Women's World Boxing Championships 2023 held in New Delhi, Indian boxer Nikhat Zareen successfully defended her world title for the second consecutive year. In which weight category did she compete?

- (A) 48 kg
- (B) 50 kg
- (C) 54 kg
- (D) 57 kg

Section D — Teacher Aptitude & Professional Ethics



Q.16. The diagram below illustrates the Teaching Games for Understanding (TGfU) model cycle. Which is the STARTING POINT of the TGfU model, reflecting its core philosophy that tactical understanding should precede skill drilling?



- (A) Modified Game (game form is presented first, tactical problems emerge)
- (B) Skill drills practised in isolation before any game is played
- (C) Physical fitness training as the primary initial component
- (D) Formal fitness testing to assess readiness before participation

Q.17. In coaching, an 'autocratic leadership style' — where the coach makes all decisions without input from athletes — is MOST appropriate in which scenario?

- (A) When athletes are highly experienced, self-motivated, and capable of self-regulation
- (B) When the coach wants to encourage long-term creative problem-solving
- (C) During off-season planning workshops where athlete buy-in is important
- (D) During an emergency or crisis situation requiring immediate, clear, and decisive instructions



- Q.18.** According to international sports bodies (including FIFA, IOC, and the Fair Play Council), 'Fair Play' in sport encompasses which of the following?
- (A) Winning by any means within the literal wording of the rulebook
 - (B) Applying the rules to one's maximum advantage while ignoring the spirit of the game
 - (C) Playing and behaving honestly, ethically, and respectfully — towards opponents, officials, teammates, and the spirit of the game
 - (D) Applying maximum psychological pressure on opponents while remaining technically within the rules
- Q.19.** The FITT principle is a widely used framework for designing physical activity programmes. FITT stands for Frequency, Intensity, Time, and:
- (A) Technique
 - (B) Type
 - (C) Target
 - (D) Training
- Q.20.** Physical Education plays a significant role in national integration. Which of the following BEST explains this role?
- (A) Sports and physical activities bring together participants from diverse states, cultures, languages, and backgrounds, fostering unity, brotherhood, and a shared national identity
 - (B) PE standardised tests provide uniform benchmarks that unify assessment across all Indian states
 - (C) Physical education is made compulsory only at the national competition level, creating a single elite group
 - (D) PE focuses exclusively on developing national champions who represent India at international events



Detailed Solutions — Teacher Aptitude & Sports Sample Paper 7

Q.1

Solution

Neeraj Chopra won India's first-ever Olympic gold in athletics (Javelin Throw, Tokyo 2020 / officially held in 2021) and was jointly awarded the Major Dhyan Chand Khel Ratna 2022 along with Achanta Sharath Kamal. Sharath Kamal, India's greatest table tennis player, won four gold medals at the Commonwealth Games 2022 in Birmingham, cementing his status as a co-recipient. The Khel Ratna is India's highest sporting honour, presented by the President of India on National Sports Day (29 August).

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

Q.2

Solution

The prize money for the Major Dhyan Chand Khel Ratna Award was revised upward and currently stands at Rs. 25 lakh. For comparison: the Arjuna Award carries Rs. 15 lakh, the Dronacharya Award (regular) carries Rs. 15 lakh, and the Dhyan Chand Lifetime Achievement Award carries Rs. 10 lakh. All awards are formally presented by the President of India on National Sports Day (29 August). These figures are as of the 2023–24 award cycle and may be subject to further revision.

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

Q.3

Solution

Manu Bhaker specialises in the **10m Air Pistol** discipline — not Air Rifle, which uses a different mechanism and is a separate Olympic event. At the Paris 2024 Olympics she won two bronze medals: one in the 10m Air Pistol (individual) and one in the 10m Air Pistol mixed team event (with Sarabjot Singh) — making her the first Indian to win two medals at a single Olympic Games in the modern era. Her Arjuna Award 2024 recognised this exceptional achievement.

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

Q.4



Solution

National Sports Day was **first officially observed on 29 August 2012**, the birth anniversary of hockey legend Major Dhyan Chand (born 29 August 1905). The Ministry of Youth Affairs and Sports notified this date in 2012, coinciding with the year of the London Olympics. On this day every year the President of India presents national sports awards at Rashtrapati Bhavan. The year 2012 — not 2015, 2018, or 2021 — was the inaugural year of the official observance.

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

Q.5**Solution**

All national sports awards in India — the Khel Ratna, Arjuna Award, Dronacharya Award, and Dhyan Chand Award — are administered and presented by the **Ministry of Youth Affairs and Sports (MoYAS)**, Government of India. They are formally conferred by the President of India at Rashtrapati Bhavan every year on 29 August (National Sports Day). The Ministry of Education handles academic awards, while External Affairs and Culture oversee different domains entirely.

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

Q.6**Solution**

The **1940 Olympics** (originally awarded to Tokyo, then transferred to Helsinki, but ultimately cancelled) and the **1944 Olympics** (originally awarded to London) were both cancelled due to World War II (1939–1945). This created a 12-year gap between the 1936 Berlin Games and the 1948 London Games (nicknamed the “Austerity Games”). The 1932 and 1936 Games proceeded normally; the 1948 and 1952 Games resumed after the war. A total of two Summer Games were cancelled by WW II.

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

Q.7**Solution**

Demetrios Vikelas of Greece was elected the first President of the International Olympic Committee (IOC) at the founding Sorbonne Congress in Paris in June 1894. His presidency lasted only until 1896 (the Athens Games). Pierre de Coubertin, the founder and driving force of the modern Olympics, succeeded him and served as IOC President from



1896 to 1925 — but was NOT the first president, which is a common misconception. Avery Brundage and Juan Antonio Samaranch served many decades later.

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

Q.8

Solution

Women first competed at the **1900 Paris Olympics**, where they participated in tennis and golf. British tennis player Charlotte Cooper won the first women's Olympic gold medal in tennis singles. The 1896 Athens Games excluded women entirely — Pierre de Coubertin personally opposed their participation. Subsequent Games (St. Louis 1904, London 1908, Stockholm 1912) gradually expanded women's events. Full equality in participation across all sports was achieved much later in Olympic history.

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

Q.9

Solution

The World Anti-Doping Agency (WADA) was established in 1999 and is headquartered in **Montreal, Canada** — not in Switzerland. (The IOC and the Court of Arbitration for Sport are based in Lausanne, Switzerland; the WHO is in Geneva, Switzerland.) WADA manages the World Anti-Doping Code, maintains the prohibited substances list, accredits anti-doping laboratories, and coordinates out-of-competition testing programs globally, following the process depicted in the flowchart.

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

Q.10

Solution

The **Brisbane 2032 Summer Olympic Games** were awarded to Australia at the 138th IOC Session in Tokyo on 21 July 2021. Brisbane becomes the third Australian city to host the Summer Olympics after Melbourne (1956) and Sydney (2000). The 2028 Games are to be held in Los Angeles, USA. Brisbane's selection was expedited through the IOC's Preferred Host Dialogue process, reflecting Australia's strong sports infrastructure and international reputation as an Olympic host nation.

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



Q.11

Solution

Australia defeated India by 6 wickets in the ICC Men's Cricket World Cup 2023 final on 19 November 2023 at Narendra Modi Stadium, Ahmedabad. Travis Head scored a brilliant 137 runs from 120 balls to anchor the chase. India had won all 10 of their previous matches in the tournament but lost the final. It was Australia's **sixth** 50-over World Cup title — a record in men's cricket. Pat Cummins captained the Australian side; Rohit Sharma captained India.

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

Q.12

Solution

Sunil Chhetri scored **94 international goals** for India across his career spanning from 2005 to 2024, making him one of the highest international goalscorers in men's football history at the time of his retirement — surpassed only by Cristiano Ronaldo and Lionel Messi. He captained India for over a decade, leading the team to multiple SAFF Championship titles. His final international appearance was against Kuwait in a 2026 FIFA World Cup qualifier in June 2024.

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

Q.13

Solution

Spain defeated **England** 1–0 in the FIFA Women's World Cup 2023 Final, played at Stadium Australia (now Accor Stadium), Sydney on 20 August 2023. Olga Carmona scored the only goal of the match. It was Spain's first-ever Women's World Cup title. The USA (defending champions) were eliminated in the round of 16 by Sweden; Germany exited in the group stage; Japan reached the quarter-finals. England (the "Lionesses") reached their first Women's World Cup final under coach Sarina Wiegman.

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

Q.14

Solution

Sumit Antil (F64 category — above-knee amputation on the left leg) won gold in the javelin throw at the Paris 2024 Paralympics with a new world record of **70.59 metres**.



This was his second consecutive Paralympic gold (he also won at Tokyo 2020 with a then-world record of 68.55 m). He is coached by Narender Kumar Singh at the Sports Authority of India (SAI). Devendra Jhajharia is a multiple gold medallist in the F46 javelin category; Mariyappan Thangavelu specialises in high jump.

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

Q.15

Solution

Nikhat Zareen competes in the **50 kg** (light flyweight) category. She won her first IBA Women's World Boxing Championship gold in 2022 (Istanbul) and successfully defended her title in 2023 at the New Delhi tournament — making her a two-time consecutive world champion. She also represented India at the Commonwealth Games and Asian Games. The 48 kg, 54 kg, and 57 kg categories are separate weight divisions in women's boxing; Zareen does not compete in those.

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

Q.16

Solution

The Teaching Games for Understanding (TGfU) model, developed by Bunker and Thorpe (1982), places the **Modified Game** as the starting point. Students first encounter a simplified, adapted game form; this creates a tactical problem (e.g., how to create space to score). Tactical awareness emerges naturally, followed by skill execution and performance. This is the opposite of traditional “skills-first” approaches. TGfU's core philosophy — “understand the game before drilling the skill” — underpins most modern games-based teaching approaches in physical education.

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

Q.17

Solution

The **autocratic (authoritarian) coaching style** — where the coach makes all decisions with no athlete input — is most appropriate in **emergency or crisis situations** requiring instant, unambiguous instructions (e.g., a player is injured during a match, or rapid decisive tactical calls must be made under extreme pressure). For experienced, motivated athletes, autocratic coaching is counterproductive. Long-term creative development, off-



season planning, and athlete buy-in scenarios are better served by democratic, holistic, or transformational leadership styles.

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

Q.18

Solution

According to the IOC, the FIFA Fair Play Charter, and the International Fair Play Committee (CIFP), **Fair Play** means playing and behaving honestly, ethically, and respectfully — towards opponents, officials, teammates, and the spirit of the game. It goes far beyond mere rule compliance: it includes refusing to cheat, accepting defeat gracefully, rejecting doping, respecting opponents, and upholding the integrity of sport. Options (A), (B), and (D) describe rule-bending or gamesmanship approaches that violate the spirit of Fair Play.

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

Q.19

Solution

The FITT principle stands for: **F**requency (how often you exercise), **I**ntensity (how hard you exercise), **T**ime (duration of each session), and **T**ype (the mode or kind of exercise — e.g., aerobic, resistance, flexibility training). The second “T” stands for **Type**, not Technique, Target, or Training. This widely used framework guides safe, progressive, and effective exercise prescription and is fundamental to physical education curriculum design, sports coaching, and health-related fitness programming.

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

Q.20

Solution

Physical Education contributes to **national integration** primarily because sports and physical activities bring together participants from diverse states, cultures, religions, languages, and socioeconomic backgrounds, breaking down barriers and fostering unity, brotherhood, and a shared national identity. National events such as the National Games of India and the Khelo India Youth Games embody this principle — athletes from all states compete together in the same arena. Options (B), (C), and (D) represent narrow or incorrect interpretations of PE’s role in national integration.



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



Answer Key — Teacher Apti- tude & Sports Sample Paper 7

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

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.*

