

MAH B.P.Ed CET — Sample Paper

Teacher Aptitude & Sports Related Knowledge | Paper 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

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 Governance & Grassroots Initiatives

- Q.1.** The School Games Federation of India (SGFI) is the apex body that organises national-level school sports competitions in India. SGFI was established in which year?
- (A) 1954
 - (B) 1975
 - (C) 1984
 - (D) 1992
- Q.2.** The Panchayat Yuva Krida aur Khel Abhiyan (PYKKA) was a Government of India scheme aimed at:
- (A) Providing sports quota seats in IITs and central universities
 - (B) Creating sports and games infrastructure at panchayat and block level to promote grassroots sport
 - (C) Identifying potential Olympic medallists through district-level talent scouts
 - (D) Funding overseas training of national team athletes
- Q.3.** The G. V. Raja Award is a prestigious state-level sports honour given by which Indian state to outstanding sportspersons, coaches, and sports promoters?
- (A) Karnataka
 - (B) Tamil Nadu
 - (C) Kerala
 - (D) Andhra Pradesh
- Q.4.** Under the Indian government's sports quota policy, outstanding sportspersons who have represented India at the international level or won medals at national championships are eligible for direct recruitment in central government jobs under a reserved quota of:



- (A) 10% of all central government vacancies
- (B) 5% of Group A services
- (C) 2.5% of total vacancies
- (D) Up to 2% of the total cadre strength in Group B and C posts

Q.5. The Khelo India Programme was restructured and expanded by the Government of India to revitalise sports at the grassroots level. Which of the following is a KEY objective of the Khelo India Programme?

- (A) Identifying and grooming talented athletes at the school and university level through annual multi-disciplinary Games and providing annual scholarships of Rs. 5 lakh to 1,000 selected Khelo India Athletes
- (B) Constructing five-star sports complexes in state capitals
- (C) Funding only cricket academies across India
- (D) Establishing Indian Premier League (IPL) type leagues for every Olympic sport

Section B — Olympic Games

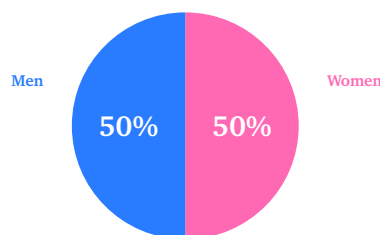
Q.6. The timeline below shows the Youth Olympic Games (YOG) editions. The YOG were initiated to bring together young athletes aged 14–18 from around the world. At which city were the FIRST Youth Olympic Games held?



- (A) Athens, Greece (2008)
- (B) Singapore (2010)
- (C) Beijing, China (2012)
- (D) Buenos Aires, Argentina (2014)



- Q.7.** The International Olympic Academy (IOA), which promotes Olympic education and research worldwide, is located in:
- (A) Lausanne, Switzerland (alongside IOC HQ)
 - (B) Athens, Greece (ancient Parthenon site)
 - (C) Ancient Olympia, Greece — at the birthplace of the original Olympic Games
 - (D) Paris, France (near the Sorbonne)
- Q.8.** The IOC Executive Board (EB), which manages the IOC's affairs between full Session meetings, consists of how many members (including the President)?
- (A) 5 members (President + 4 Vice-Presidents)
 - (B) 10 members
 - (C) 25 members
 - (D) 15 members (President + 4 Vice-Presidents + 10 members at large)
- Q.9.** The pie chart below represents the gender split of athletes at the Paris 2024 Summer Olympics. Paris 2024 was the first Olympics in history to achieve full gender parity among athletes. What percentage of the athletes were women?



Paris 2024 Olympics — Gender Split

- (A) 50% women — historic gender parity first achieved at Paris 2024
- (B) 35% women (improvement from Tokyo 2020's 49%)
- (C) 45% women (close to parity but not yet achieved)
- (D) 40% women (significant progress from earlier Games)



Q.10. The Olympic Programme (TOP), managed by the IOC, is the world's most exclusive global sponsorship programme. Currently how many global partners are in the TOP programme, and what do their revenues primarily fund?

- (A) 5 partners funding only the Opening Ceremony
- (B) 14 global TOP partners whose revenues fund the IOC's distribution to National Olympic Committees, International Federations, and the Games organising committees
- (C) 50 partners competing for broadcast rights
- (D) 3 exclusive partners (Nike, Coca-Cola, and Omega only)

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

Q.11. At the Chess Olympiad 2024 held in Budapest, Hungary, India achieved a historic double. What was India's achievement at the 2024 Chess Olympiad?

- (A) India won only the Open (Men's) gold medal
- (B) India won the Women's gold medal but lost in the Open final
- (C) India won BOTH the Open (Men's) and Women's gold medals at the same Chess Olympiad for the first time
- (D) India finished second overall behind China in both categories

Q.12. India had a historic campaign in rowing at the Asian Games 2023 (Hangzhou). Which of the following best describes India's rowing medal haul at the 2023 Asian Games?

- (A) India won 1 silver medal in coxed four
- (B) India did not win any medal in rowing
- (C) India won 2 gold and 1 silver in rowing
- (D) India won 3 gold, 1 silver, and 2 bronze medals in rowing — their best-ever rowing performance at Asian Games

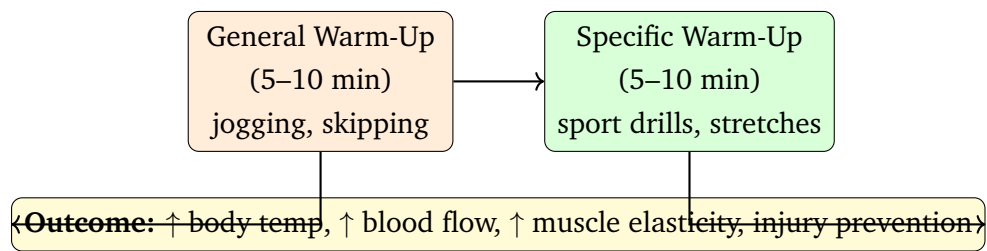


- Q.13.** Which team won the ICC Women's T20 World Cup 2024 held in Bangladesh, and how far did India progress in the tournament?
- (A) New Zealand won the title; India were eliminated in the semi-finals
 - (B) Australia won their 7th title; India lost in the group stage
 - (C) India won the Women's T20 WC for the first time
 - (D) England won; India reached the final
- Q.14.** In the SAFF (South Asian Football Federation) Championship 2023 held in Bengaluru, India won the title by defeating Kuwait in the final. It was India's record how-many-th SAFF Championship title?
- (A) 6th SAFF Championship title
 - (B) 9th SAFF Championship title
 - (C) 4th SAFF Championship title
 - (D) 12th SAFF Championship title
- Q.15.** The Khelo India Winter Games 2024 were held in the Union Territory of _____, featuring sports such as alpine skiing, cross-country skiing, ski mountaineering, snowboard, and ice hockey.
- (A) Himachal Pradesh (Shimla)
 - (B) Uttarakhand (Auli)
 - (C) Jammu & Kashmir / Ladakh (Gulmarg and Leh)
 - (D) Sikkim (Gangtok)

**Section D — Teacher Aptitude
& Physical Education Science**

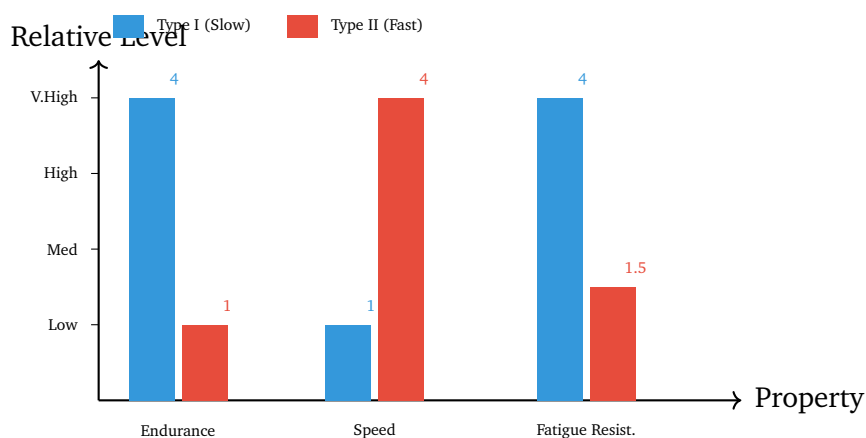
- Q.16.** The diagram below shows the two phases of a structured warm-up before physical activity. Which statement BEST explains the PRIMARY physiological purpose of a pre-exercise warm-up?





- (A) Cool down the muscles to prevent lactic acid formation
- (B) Prepare the cardiovascular system to immediately sprint at maximum intensity
- (C) Build maximal aerobic capacity (VO_2 max) in the shortest time
- (D) Gradually raise body temperature, increase blood flow to muscles, improve joint mobility, and reduce injury risk

Q.17. The bar chart below compares the characteristics of Type I (slow-twitch) and Type II (fast-twitch) muscle fibres. Which of the following CORRECTLY describes the primary advantage of Type I (slow-twitch) fibres?



- (A) High endurance capacity and fatigue resistance — ideal for long-duration aerobic activities like marathon running
- (B) Maximum explosive power and speed — ideal for sprinters and jumpers
- (C) Large muscle cross-sectional area producing maximum force
- (D) Rapid glycolytic energy production without the need for oxygen

Q.18. During the running gait cycle, the quadriceps muscles primarily function at which phase of the stride?

- (A) At toe-off (push-off) phase — propelling the body forward
- (B) At heel-strike and stance phase — extending the knee to support body weight and absorb impact
- (C) At the swing phase — lifting the knee to clear the ground
- (D) During arm-swing — stabilising the torso through cross-body rotation

Q.19. A student is observed to have an exaggerated inward curve of the lower spine (lumbar region), causing the abdomen and buttocks to protrude. This postural defect is known as:

- (A) Kyphosis (hunchback) — exaggerated thoracic curvature
- (B) Scoliosis — lateral S-shaped curvature of the spine
- (C) Lordosis (swayback) — exaggerated lumbar lordotic curve
- (D) Flat foot (pes planus) — loss of medial arch

Q.20. The “play-way method” of physical education teaching refers to imparting skills and knowledge through enjoyable game-like activities rather than formal drill-based instruction. Which of the following is the MOST significant advantage of the play-way method for young learners?

- (A) It is the fastest method to develop elite competitive athletes
- (B) It reduces the need for any formal coaching or structured feedback
- (C) It allows teachers to assess maximum strength and endurance earlier
- (D) It enhances intrinsic motivation, creativity, social skills, and physical literacy in a stress-free, enjoyable environment



Detailed Solutions — Teacher Aptitude & Sports — Sample Paper 8

Q.1

Solution

The School Games Federation of India (SGFI) was established in **1954**. It is the apex body that organises annual National School Games in 23 different sports disciplines, providing young school students a platform to compete at the national level. SGFI is affiliated to the International School Sport Federation (ISF) and coordinates inter-school sports competitions across all states and union territories of India. It plays a pivotal role in talent identification at the school level for future national and international competitions.

Answer: (A)

[Go Back to Q 1](#)

Q.2

Solution

The **Panchayat Yuva Krida aur Khel Abhiyan (PYKKA)** was a flagship Government of India scheme launched in 2008, primarily aimed at **creating sports and games infrastructure at the panchayat and block level** to promote grassroots sports culture. Under this scheme, kho-kho courts, kabaddi grounds, volleyball courts, and other basic sports facilities were established in rural areas at the gram panchayat and block levels. PYKKA encouraged youth participation in indigenous sports and games. It was later subsumed into the broader **Khelo India Programme**.

Answer: (B)

[Go Back to Q 2](#)

Q.3

Solution

The **G. V. Raja Award** is a prestigious state sports honour conferred by the Government of **Kerala**. It is named after Guruvayurappan Varkey Raja, a distinguished sports administrator who made significant contributions to the development of sports in Kerala. The award is presented annually to outstanding sportspersons, coaches, referees, and sports promoters who have made exceptional contributions to sports in Kerala. It is one of the highest sporting recognitions given by any Indian state government.



Answer: (C)[Go Back to Q 3](#)**Q.4****Solution**

Under the Government of India's sports quota policy, outstanding sportspersons are eligible for direct recruitment in central government positions through a reserved sports quota of **up to 2% of the total cadre strength in Group B and C posts**. To be eligible, sportspersons must have represented India at the international level or won medals in recognised national championships. Various central government departments (railways, defence, public sector banks, etc.) also maintain their own sports quota provisions. State governments independently determine their own sports quota percentages, which may vary from state to state.

Answer: (D)[Go Back to Q 4](#)**Q.5****Solution**

The **Khelo India Programme** is a comprehensive national sports development programme restructured by the Government of India to create a strong foundation for sports at the grassroots level. Its KEY objectives include:

- Identifying and grooming 1,000 talented athletes annually from school and university level through Khelo India Youth Games (KIYG), Khelo India University Games (KIUG), and Khelo India Winter Games (KIWG).
- Providing annual scholarships of **Rs. 5 lakh per year for 8 years** to each of the 1,000 selected Khelo India Athletes (KIAs).
- Developing sports infrastructure at district, state, and national levels.
- Promoting sports culture and physical fitness from the grassroots level upward, encompassing all age groups and regions.

Answer: (A)[Go Back to Q 5](#)**Q.6**

Solution

The **first Youth Olympic Games (YOG)** were held in **Singapore in 2010**. The YOG were proposed by IOC President Jacques Rogge and approved by the IOC Session in Guatemala City in 2007. The event brings together young athletes aged 14–18 from across the world, combining competition with cultural and educational programmes. The Summer YOG editions to date are:

- **1st Summer YOG:** Singapore, 2010
- **2nd Summer YOG:** Nanjing, China, 2014
- **3rd Summer YOG:** Buenos Aires, Argentina, 2018
- **4th Summer YOG:** Dakar, Senegal (postponed to 2026)

The first Winter YOG was held in Innsbruck, Austria, in 2012, as shown in the timeline.

Answer: (B)

[Go Back to Q 6](#)

Q.7

Solution

The **International Olympic Academy (IOA)** is located in **Ancient Olympia, Greece** — at the very birthplace of the original ancient Olympic Games. The IOA was established in 1961 and conducts annual sessions for young national Olympic participants, sports administrators, researchers, educators, and sports journalists from around the world. Its mission is to promote Olympic values, education, and research in the spirit of Olympism. The **IOC headquarters** are in Lausanne, Switzerland, which is an entirely separate institution from the IOA, though closely affiliated with it.

Answer: (C)

[Go Back to Q 7](#)

Q.8

Solution

The **IOC Executive Board (EB)** consists of **15 members**: 1 President, 4 Vice-Presidents, and 10 members elected by the IOC Session for four-year terms. The EB manages the IOC's affairs between full IOC Session meetings, implementing the decisions of the Session and managing the IOC's finances, administration, and operations. The EB meets at least four times per year. The IOC President is elected by the IOC Session for an eight-year term, renewable once for four more years.



Answer: (D)[Go Back to Q 8](#)**Q.9****Solution**

The **Paris 2024 Summer Olympics** made history as the **first Olympic Games to achieve full gender parity among athletes**, with exactly **50% women athletes** (approximately 5,250 women out of 10,500 total athletes). This milestone was achieved as part of the IOC's Olympic Agenda 2020 strategic roadmap, which specifically set a target of gender parity. The progress in women's participation across successive Games: Atlanta 1996 (34%), Sydney 2000 (38%), Athens 2004 (40.7%), Beijing 2008 (42%), London 2012 (44%), Rio 2016 (45%), Tokyo 2020 (49%), Paris 2024 (**50%**).

Answer: (A)[Go Back to Q 9](#)**Q.10****Solution**

The **Olympic Partner (TOP) Programme** is the IOC's exclusive global sponsorship programme. Currently, it has **14 worldwide TOP partners**. The revenues generated by TOP partners are distributed by the IOC to National Olympic Committees (NOCs), International Federations (IFs), and Games Organising Committees (OCOGs) worldwide. TOP partners in recent cycles include Coca-Cola, Bridgestone, Samsung, Visa, Omega, Allianz, Airbnb, Intel, Panasonic, Procter & Gamble, Toyota, Alibaba, Deloitte, and others. TOP sponsorship revenues constitute approximately 18% of the IOC's total income and fund the global Olympic movement.

Answer: (B)[Go Back to Q 10](#)**Q.11****Solution**

At the **Chess Olympiad 2024** held in **Budapest, Hungary**, India achieved an unprecedented historic double by winning **BOTH the Open (Men's) and Women's gold medals** at the same Chess Olympiad for the first time in history. In the Open section, India defeated Slovenia in the final; in the Women's section, India defeated Azerbaijan in the final. The Indian Open team featured D. Gukesh, Arjun Erigaisi, R. Praggnanandhaa, Vidit Gujrathi, and P. Harikrishna. The Women's team included Harika Dronavalli, R.



Vaishali, D. Divya, Vantika Agrawal, and Tania Sachdev.

Answer: (C)

[Go Back to Q 11](#)

Q.12

Solution

India had a **historic campaign in rowing at the Asian Games 2023** held in Hangzhou, China, winning **3 gold, 1 silver, and 2 bronze medals** — their best-ever rowing performance at the Asian Games. Notable achievements included:

- **Arjun Lal Jat and Arvind Singh** — Gold in Men's Coxless Pair (India's first ever Asian Games gold in rowing)
- Men's Coxless Four — Gold
- Men's Eight — Gold

This rowing success marked a significant milestone for Indian rowing, previously dominated by Asian powerhouses like China, South Korea, and Japan.

Answer: (D)

[Go Back to Q 12](#)

Q.13

Solution

The **ICC Women's T20 World Cup 2024** was held in **Bangladesh** in October 2024. **New Zealand** won the title, defeating South Africa in the final. **India were eliminated in the semi-finals**. This was New Zealand's first ICC Women's T20 World Cup title. Key players for New Zealand included Suzie Bates, Sophie Devine, and Amelia Kerr. The tournament ended Australia's long dominance in women's T20 cricket (Australia had won 6 of the previous editions of the tournament).

Answer: (A)

[Go Back to Q 13](#)

Q.14



Solution

India won the **SAFF (South Asian Football Federation) Championship 2023** for a record **9th time**. The tournament was held at Sree Kanteerava Stadium, Bengaluru. India defeated Kuwait 2–0 in the final match. Captain **Sunil Chhetri**, who later announced his retirement from international football, played a key role in India's success throughout the tournament. India's domination of the SAFF Championship reflects their status as the top football nation in the South Asian region, having won the most titles since the championship's inception in 1993.

Answer: (B)[Go Back to Q 14](#)**Q.15****Solution**

The **Khelo India Winter Games 2024** were held across **Gulmarg (Jammu & Kashmir)** and **Leh (Ladakh)**, both union territories of India. Gulmarg hosted alpine skiing, cross-country skiing, ski mountaineering, and snowboard events, while Leh hosted ice hockey and ice skating. This event is part of the Government of India's Khelo India programme to promote winter sports in India's high-altitude regions and to discover and nurture winter sports talent at the national level.

Answer: (C)[Go Back to Q 15](#)**Q.16****Solution**

The **primary physiological purpose of a pre-exercise warm-up** is to **gradually raise body temperature, increase blood flow to muscles, improve joint mobility, and reduce injury risk**. Physiologically, a warm-up achieves the following:

- **Raises core body temperature:** increases enzyme activity and metabolic rate in muscle tissue
- **Dilates blood vessels:** increases oxygen and nutrient supply to working muscles
- **Improves muscle viscosity and elasticity:** reduces risk of muscle strains and tears
- **Lubricates joints:** increases synovial fluid secretion, reducing joint stiffness
- **Activates the neuromuscular system:** improves reaction time and motor coordination



- **Psychological readiness:** prepares the athlete mentally for the upcoming activity

A structured warm-up has two phases: General (5–10 min of light aerobic activity) followed by Specific (sport-specific drills and dynamic stretching).

Answer: (D)

[Go Back to Q 16](#)

Q.17

Solution

Type I (slow-twitch, oxidative) muscle fibres have a **high endurance capacity and are very resistant to fatigue**, making them ideal for long-duration aerobic activities such as marathon running, long-distance cycling, and triathlon.

Key characteristics of Type I fibres:

- Rich in **mitochondria** (for sustained aerobic ATP production)
- High **myoglobin** content (stores and transports oxygen; gives red colour)
- Dense **capillary network** (maximises oxygen delivery and waste removal)
- Slow contraction speed but **very high fatigue resistance**
- Lower force production compared to Type II fibres

In contrast, **Type II (fast-twitch) fibres** produce maximum explosive power and speed but fatigue rapidly — ideal for sprinters, jumpers, and throwers.

Answer: (A)

[Go Back to Q 17](#)

Q.18

Solution

During the **running gait cycle**, the **quadriceps muscles** (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius) primarily function **at the heel-strike and stance phase**. At heel-strike, the quadriceps contract eccentrically (lengthening under load) to control knee flexion and absorb the impact force. During mid-stance, they contract concentrically to extend the knee and support body weight against gravity. In contrast, the **hamstrings** function primarily during the late swing phase (to decelerate the forward swing of the leg) and at early stance for hip extension. The **gluteus maximus** is the primary hip extensor active during push-off.



Answer: (B)

[Go Back to Q 18](#)

Q.19

Solution

The postural defect described — an **exaggerated inward (anterior) curvature of the lumbar (lower) spine causing the abdomen and buttocks to protrude** — is called **Lordosis** (also called swayback or hyperlordosis).

Common spinal postural defects compared:

- **Lordosis (Swayback):** Excessive inward (lordotic) curve of the **lumbar spine**; abdomen and buttocks protrude anteriorly. Common in obese individuals and during pregnancy.
- **Kyphosis (Hunchback):** Excessive outward (kyphotic) curve of the **thoracic spine**; rounded upper back and forward head posture.
- **Scoliosis:** Lateral (sideways) S- or C-shaped curvature of the spine; most common in adolescent girls.
- **Flat foot (Pes planus):** Loss of the medial longitudinal arch of the foot (not a spinal defect, but a postural abnormality of the lower limb).

Lordosis is corrected through core strengthening exercises, hip flexor stretching, and postural awareness training.

Answer: (C)

[Go Back to Q 19](#)

Q.20

Solution

The **play-way method** of physical education teaching (based on Friedrich Froebel's educational philosophy) uses enjoyable game-like activities, play, and exploration as the primary vehicle for learning motor skills and physical concepts. Its **most significant advantage** for young learners is that it **enhances intrinsic motivation, creativity, social skills, and physical literacy in a stress-free, enjoyable environment**.

Key advantages of the play-way method:

- **Intrinsic motivation:** Children engage spontaneously without fear of failure or evaluation anxiety
- **Creativity and problem-solving:** Unstructured and semi-structured play encourages



innovation

- **Social development:** Cooperative games build teamwork, communication, and leadership
- **Physical literacy:** Develops a broad range of fundamental movement skills naturally
- **Holistic development:** Physical, cognitive, emotional, and social growth occur simultaneously
- **Retention:** Skills and concepts learned through enjoyable activity are retained longer than rote drill methods

Answer: (D)

[Go Back to Q 20](#)



Answer Key — Teacher Apti- tude & Sports Sample Paper 8

MAH B.P.Ed CET — Teacher Aptitude & Sports — Sample Paper 8

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

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.*

