

MAH B.P.Ed CET — Complete Sample Paper

Sample Paper — 4

Duration: 60 Minutes

Maximum Marks: 50

Instructions

- This paper contains **50 Multiple Choice Questions** modelled on the MAH B.P.Ed CET written test pattern.
- **Part A:** General Knowledge (Q1–Q15) | **Part B:** Mental Ability (Q16–Q30) | **Part C:** Teacher Aptitude & Sports Related Knowledge (Q31–Q50).
- Each correct answer carries **+1 mark**. There is **no negative marking**.
- Only **one** option is correct per question.
- No sectional time limit; total time: **60 minutes**.
- Mobile phones, calculators, and electronic gadgets are strictly prohibited.

PART A | General Knowledge
| Q1–Q15 | 15 Marks

Q1. The ICC Men's Champions Trophy 2025 was hosted by which country (with some matches shifted to a neutral venue for India)?

- (A) England
- (B) Australia
- (C) Pakistan (with some matches in UAE)
- (D) India

Q2. Which former Prime Minister of India was awarded the **Bharat Ratna** posthumously in 2024?

- (A) Atal Bihari Vajpayee
- (B) P. V. Narasimha Rao
- (C) Rajiv Gandhi
- (D) V. P. Singh

- Q3.** The FIFA World Cup 2026 will be jointly hosted by which three countries?
- (A) Brazil, Argentina and Colombia
 - (B) England, Germany and France
 - (C) Japan, South Korea and Australia
 - (D) USA, Canada and Mexico
- Q4.** The **Arjun Award** is given to sportspersons who have shown outstanding performance in international sports for a minimum of how many consecutive years?
- (A) 4 years
 - (B) 3 years
 - (C) 5 years
 - (D) 2 years
- Q5.** The headquarters of the **Defence Research and Development Organisation (DRDO)** is located in which city?
- (A) Pune
 - (B) Bengaluru
 - (C) New Delhi
 - (D) Hyderabad
- Q6.** How many times has India hosted the **Commonwealth Games** up to the year 2024?
- (A) Twice
 - (B) Once
 - (C) Thrice
 - (D) Never



- Q7.** Peshwa **Bajirao I**, one of the greatest commanders in Maratha history, ruled during which century?
- (A) 17th century (1680s–1700s)
 - (B) 16th century (1550s–1570s)
 - (C) 19th century (1810s–1830s)
 - (D) 18th century (1720s–1740s)
- Q8.** Which district of Maharashtra shares the longest border with the state of **Goa**?
- (A) Sindhudurg
 - (B) Kolhapur
 - (C) Ratnagiri
 - (D) Satara
- Q9.** The **Tapi (Tapti) river** originates in Madhya Pradesh and ultimately drains into which water body?
- (A) Bay of Bengal
 - (B) Indian Ocean
 - (C) Arabian Sea
 - (D) Gulf of Mannar
- Q10.** The **Swadeshi Movement** was formally launched in the year:
- (A) 1907
 - (B) 1905
 - (C) 1919
 - (D) 1930
- Q11.** Which tree is designated as the **State Tree of Maharashtra**?
- (A) Banyan (*Ficus benghalensis*)



- (B) Peepal (*Ficus religiosa*)
- (C) Teak (*Tectona grandis*)
- (D) Mango (*Mangifera indica*)

Q12. India's **Mars Orbiter Mission (Mangalyaan)** was launched by ISRO in the year:

- (A) 2013
- (B) 2012
- (C) 2014
- (D) 2015

Q13. The **National Education Policy 2020** (NEP 2020) replaced which earlier education policy of India?

- (A) National Policy on Education 1968
- (B) National Policy on Education 1979
- (C) National Policy on Education 1986
- (D) National Education Act 2005

Q14. The **Election Commission of India** was established in the year:

- (A) 1947
- (B) 1950
- (C) 1952
- (D) 1949

Q15. According to the **Census of India 2011**, what was the approximate population of India?

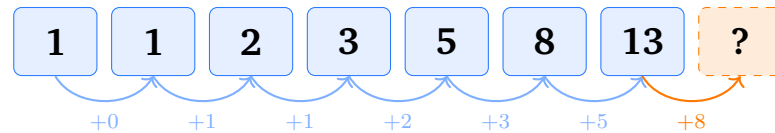
- (A) 110 crore (1.10 billion)
- (B) 115 crore (1.15 billion)
- (C) 130 crore (1.30 billion)



(D) 121 crore (1.21 billion)

PART B | Mental Abil-
ity | Q16–Q30 | 15 Marks

Q16. Study the following number sequence and identify the missing term:



(A) 21

(B) 20

(C) 18

(D) 26

Q17. Letter Analogy: ABCD : DCBA :: MNOP : ?

(A) NOPQ

(B) MNOP

(C) OPNM

(D) PONM

Q18. Word Analogy: Ocean : Wave :: Mountain : ?

(A) River

(B) Peak

(C) Valley

(D) Cliff

Q19. Odd One Out: Which of the following does *not* belong to the group of common tropical fruits?

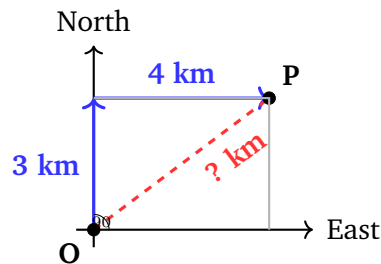
(A) Mango

(B) Banana



- (C) Apple
(D) Papaya

Q20. A man starts from point O, walks **3 km towards North**, then turns right and walks **4 km towards East** to reach point P. What is the shortest distance between O and P?



- (A) 5 km
(B) 7 km
(C) 6 km
(D) 4 km

Q21. Find the missing number in the matrix below:

Col 1	Col 2	Col 3
5	10	15
6	12	18
7	14	?

- (A) 17
(B) 19
(C) 20
(D) 21

Q22. Coding–Decoding: In a certain code, SKY is written as TLZ. Using the same rule, how will RAIN be written?

- (A) RAIN



- (B) QZHO
- (C) SBJO
- (D) TCJP

Q23. Letter Series: Find the missing letter in the series: A, E, I, M, Q, ____

- (A) T
- (B) U
- (C) S
- (D) V

Q24. Syllogism: Consider the two statements below and choose the correct conclusion.

Statements: (i) Some cats are dogs. (ii) Some dogs are rats.

- (A) All cats are rats
- (B) Some cats are rats
- (C) No cat is a rat
- (D) No definite conclusion follows about cats and rats

Q25. Blood Relation: Introducing a man to her friends, a woman says, “His mother is the only daughter of my father.” How is the man related to the woman?

- (A) Son
- (B) Nephew
- (C) Brother
- (D) Father

Q26. Ranking: In a class, Sachin ranks 15th from the front and 16th from the back. What is the total number of students in the class?

- (A) 29



- (B) 31
- (C) 30
- (D) 32

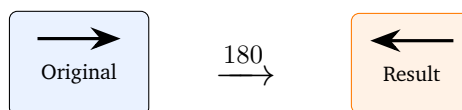
Q27. Number Analogy: $7 : 56 :: 9 : ?$

- (A) 81
- (B) 90
- (C) 99
- (D) 72

Q28. Odd One Out: Four of the following five numbers are perfect cubes. Identify the one that is *not* a perfect cube.

- (A) 125
- (B) 216
- (C) 343
- (D) 400

Q29. Figure Rotation: The figure below shows a right-pointing arrow. If this arrow is **rotated 180° clockwise**, which of the following options correctly shows the result?



- (A) Left-pointing arrow
- (B) Up-pointing arrow
- (C) Down-pointing arrow
- (D) Right-pointing arrow (no change)

Q30. Number Series: Find the missing term in the series: 6, 11, 21, 41, 81, _____



- (A) 141
- (B) 151
- (C) 161
- (D) 171

**PART C | Teacher Aptitude & Sports
Knowledge | Q31–Q50 | 20 Marks**

- Q31.** In association football (soccer), the **offside rule** can only be infringed in which zone of the field?
- (A) Any part of the field
 - (B) The opponent's half of the field
 - (C) Only inside the penalty area
 - (D) Within 10 metres of the goal
- Q32.** The **Duckworth–Lewis–Stern (DLS) method** in cricket is used for which purpose?
- (A) Deciding run-outs in Test matches
 - (B) Calculating bowling averages in T20 leagues
 - (C) Determining warm-up game results only
 - (D) Revising target scores in rain-interrupted limited-overs matches
- Q33.** What is the official height of the net in **men's volleyball** according to FIVB rules?
- (A) 2.43 metres
 - (B) 2.24 metres
 - (C) 2.50 metres
 - (D) 2.35 metres
- Q34.** In professional boxing, which weight class falls **between Welterweight and Light Heavyweight**?



- (A) Featherweight
- (B) Lightweight
- (C) Middleweight
- (D) Heavyweight

Q35. In track-and-field relay races, the **baton exchange zone** (takeover zone) is how many metres long?

- (A) 10 metres
- (B) 20 metres
- (C) 30 metres
- (D) 40 metres

Q36. What is the official length of an **Olympic swimming pool**?

- (A) 25 metres
- (B) 100 metres
- (C) 75 metres
- (D) 50 metres

Q37. In the **FITT Principle** of exercise prescription, the first “T” (Time) refers to which component?

- (A) Duration of each exercise session
- (B) Type of exercise performed
- (C) Number of exercise sessions per week
- (D) Intensity level of the exercise

Q38. **Cooper’s 12-Minute Run Test** was primarily designed to measure which component of physical fitness?

- (A) Muscular strength
- (B) Flexibility



- (C) Cardiovascular (aerobic) endurance
- (D) Speed

Q39. Which type of muscle fibre is most suited for **endurance activities** such as marathon running?

- (A) Type IIb (fast-twitch glycolytic)
- (B) Type I (slow-twitch oxidative)
- (C) Type IIa (fast-twitch oxidative)
- (D) Type IIx (fast-twitch)

Q40. In motor learning, **intrinsic feedback** is information that comes from:

- (A) The coach's verbal instructions
- (B) Video replay of performance
- (C) Scoreboard or external measurement
- (D) The body's own sensory systems (proprioception)

Q41. In Mosston's Spectrum of Teaching Styles, the **Problem-Solving (Divergent) Style** places maximum decision-making authority with whom?

- (A) The student
- (B) The teacher
- (C) Both equally
- (D) The school administration

Q42. Which of the following is classified as a **hypokinetic disease** — a condition primarily caused by physical inactivity?

- (A) Asthma
- (B) Influenza
- (C) Obesity
- (D) Tuberculosis



- Q43.** In sports first aid, the **RICE protocol** for managing acute soft-tissue injuries stands for:
- (A) Run, Ice, Compress, Elevate
 - (B) Rest, Ice, Compression, Elevation
 - (C) Rest, Immobilise, Cold, Elevation
 - (D) Relax, Ice, Circulation, Exercise
- Q44.** The legendary **Major Dhyan Chand**, often called “The Wizard,” is associated with which sport?
- (A) Cricket
 - (B) Football
 - (C) Athletics
 - (D) Field Hockey
- Q45.** The **Major Dhyan Chand Khel Ratna Award** (formerly Rajiv Gandhi Khel Ratna) can be awarded to a maximum of how many sportspersons in a single year?
- (A) Up to 5
 - (B) Only 1
 - (C) Up to 3
 - (D) Up to 10
- Q46.** Who was named as India’s **first women’s Test cricket captain** when the team played its inaugural women’s Test match in 1976?
- (A) Diana Edulji
 - (B) Mithali Raj
 - (C) Shantha Rangaswamy
 - (D) Anjum Chopra
- Q47.** The **Summer Olympic Games** are held once every:



- (A) 2 years
- (B) 4 years
- (C) 6 years
- (D) 3 years

Q48. Which organisation serves as the international governing body for the sport of **Kabaddi**?

- (A) Asian Kabaddi Federation
- (B) Board of Control for Cricket in India (BCCI)
- (C) International Olympic Committee (IOC)
- (D) International Kabaddi Federation (IKF)

Q49. Which of the following is a **health-related component** of physical fitness (as opposed to a skill-related or performance-related component)?

- (A) Cardiovascular endurance
- (B) Agility
- (C) Speed
- (D) Power

Q50. **International Yoga Day** is observed every year on which date?

- (A) July 1
- (B) June 5
- (C) June 21
- (D) January 21



DETAILED SOLUTIONS | Sample Paper 4 | All 50 Questions**Solution 1.****Solution****Topic:** ICC Men's Cricket Tournaments

The ICC Men's Champions Trophy 2025 was hosted by **Pakistan**, with select India-group matches relocated to a neutral venue in the **UAE** due to political considerations. India ultimately won the tournament. Pakistan was the host nation — its first ICC event in 28 years.

Answer: (C) [Go Back to Q 1](#)**Solution 2.****Solution****Topic:** Bharat Ratna 2024

In 2024, the Government of India conferred the **Bharat Ratna** on five individuals. Among the posthumous recipients was **P.V. Narasimha Rao**, the 9th Prime Minister of India (1991–1996), credited with initiating landmark economic liberalisation reforms. Other 2024 recipients included M. S. Swaminathan and Chaudhary Charan Singh.

Answer: (B) [Go Back to Q 2](#)**Solution 3.****Solution****Topic:** FIFA World Cup 2026

The **2026 FIFA World Cup** will be jointly hosted by **the United States, Canada, and Mexico** — making it the first World Cup hosted by three nations. It will also be the first edition with an expanded format of 48 teams. Matches will be played across 16 cities.

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

Solution 4.

Solution

Topic: Arjun Award Criteria

The **Arjun Award** is India's second-highest sports honour. According to the eligibility criteria, an athlete must have demonstrated outstanding performance at the international level for at least **4 consecutive years** preceding the year of the award. The award was instituted in 1961.

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

Solution 5.

Solution

Topic: DRDO — Organisation & Location

The **Defence Research and Development Organisation (DRDO)** is India's premier defence R&D body, functioning under the Ministry of Defence. Its **headquarters are located in New Delhi**. DRDO has 52 laboratories across India, working on missiles, aeronautics, naval systems, and more.

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

Solution 6.

Solution

Topic: Commonwealth Games in India

India has hosted the **Commonwealth Games only once** — the **XIX Commonwealth Games held in New Delhi in 2010**. The event featured 71 nations and territories competing in 17 sports. India finished 2nd on the medals tally.

Delhi 2010 — CWG
India's only Commonwealth Games

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

Solution 7.**Solution**

Topic: Maratha History — Peshwa Bajirao I

Peshwa Bajirao I (1700–1740) served as Peshwa (Prime Minister) of the Maratha Empire under Chhatrapati Shahu from **1720 to 1740**, placing him firmly in the **18th century**. He is renowned for never losing a battle in his 40+ military campaigns and significantly expanded the Maratha Empire northward.

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

Solution 8.**Solution**

Topic: Maharashtra Geography

Sindhudurg district shares the longest border with Goa among all Maharashtra districts. Sindhudurg is the southernmost coastal district of Maharashtra and its eastern talukas directly border North Goa. Kolhapur also borders Goa but does not share as long a boundary as Sindhudurg.

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

Solution 9.**Solution**

Topic: Indian Rivers — Tapi (Tapti)

The **Tapi (Tapti) river** originates near Multai in Madhya Pradesh, flows westward through Vidarbha and Maharashtra, and finally drains into the **Gulf of Khambhat (Cambay)** — an inlet of the **Arabian Sea** — near Surat, Gujarat. It is one of the few major peninsular rivers that flows west.

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



Solution 10.**Solution**

Topic: Indian Independence Movement — Swadeshi Movement

The **Swadeshi Movement** was launched in **1905** as a direct response to the **Partition of Bengal** announced by Lord Curzon. Leaders like Bal Gangadhar Tilak, Bipin Chandra Pal, and Lala Lajpat Rai mobilised the masses to boycott British goods and promote indigenous (swadeshi) products.

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

Solution 11.**Solution**

Topic: Maharashtra State Symbols

The **Mango tree (*Mangifera indica*)** is the official **State Tree of Maharashtra**. The state bird is the Green Pigeon (Hariyal), the state animal is the Giant Squirrel, and the state flower is the Jarul (Pride of India). Maharashtra is a major mango-producing state.

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

Solution 12.**Solution**

Topic: ISRO — Mars Orbiter Mission

India's **Mars Orbiter Mission (Mangalyaan)** was launched by ISRO on **5 November 2013** aboard a PSLV-C25 rocket from Satish Dhawan Space Centre, Sriharikota. It successfully entered Mars orbit on 24 September 2014, making India the first country to reach Mars on its maiden attempt.

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



Solution 13.**Solution**

Topic: National Education Policy 2020

The **National Education Policy 2020 (NEP 2020)** replaced the **National Policy on Education 1986** (which was amended in 1992). NEP 2020 was approved by the Union Cabinet in July 2020 and introduced sweeping reforms including the 5+3+3+4 school structure, multidisciplinary higher education, mother-tongue instruction in early grades, and academic bank of credits.

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

Solution 14.**Solution**

Topic: Constitutional Bodies — Election Commission of India

The **Election Commission of India (ECI)** was established on **25 January 1950**, one day before India became a Republic. It is a constitutional body under Article 324 of the Constitution, responsible for superintendence, direction, and control of all elections to Parliament, State Legislatures, and the offices of President and Vice-President.

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

Solution 15.**Solution**

Topic: Census of India 2011

According to the **Census of India 2011**, the total population of India was **1,21,08,54,977** — approximately **121 crore (1.21 billion)**. India was the world's second most populous country at that time. The decadal growth rate was 17.7%. Note: the 2021 Census was postponed due to the COVID-19 pandemic.

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



Solution 16.

Solution

Topic: Number Series — Fibonacci Sequence

The given series is the **Fibonacci sequence**: each term equals the sum of the two preceding terms.

$$1, 1, 2, 3, 5, 8, 13, ?$$

$$\text{Next term} = 8 + 13 = \boxed{21}$$

The Fibonacci sequence has numerous applications in nature (phyllotaxis in plants, shell spirals) and sports science (rhythmic patterns in training cycles).

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

Solution 17.

Solution

Topic: Letter Analogy — Reversal

The pattern is **reversal of the letter sequence**:

$$ABCD \longrightarrow DCBA \quad (\text{reversed})$$

Applying the same logic to MNOP:

$$MNOP \longrightarrow \text{PONM}$$

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

Solution 18.

Solution

Topic: Word Analogy — Part-Whole Relationship

The relationship is: **a wave is a characteristic feature of an ocean**. Similarly, a **peak (summit)** is the defining high point (characteristic feature) of a mountain. A valley is a low area *between* mountains, a river flows near mountains but is not a feature of a mountain itself, and a cliff is only one face.



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

Solution 19.

Solution

Topic: Classification — Tropical vs Temperate Fruits

Mango, Banana, and Papaya are **tropical fruits** that thrive in warm, humid climates (including Maharashtra's Konkan coast and the Deccan).

Apple is a **temperate fruit** requiring cold winters for proper fruiting; it is grown in Himalayan states (Himachal Pradesh, J&K, Uttarakhand) and not in the tropics. Hence, Apple is the odd one out.

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

Solution 20.

Solution

Topic: Direction & Distance — Pythagoras Theorem

The man walks 3 km North and 4 km East, forming a right-angle at the turning point. The shortest (straight-line) distance OP is the hypotenuse:

$$OP = \sqrt{3^2 + 4^2} = \sqrt{9 + 16} = \sqrt{25} = 5 \text{ km}$$

This is a classic 3-4-5 Pythagorean triple.

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

Solution 21.

Solution

Topic: Matrix Pattern — Multiplication Table

Each row follows the pattern: **Col 2 = 2 × Col 1** and **Col 3 = 3 × Col 1**.

- Row 1: $5 \times 1 = 5$; $5 \times 2 = 10$; $5 \times 3 = 15$ ✓
- Row 2: $6 \times 1 = 6$; $6 \times 2 = 12$; $6 \times 3 = 18$ ✓
- Row 3: $7 \times 1 = 7$; $7 \times 2 = 14$; $7 \times 3 = 21$

Answer: (D) [Go Back to Q 21](#)



Solution 22.

Solution

Topic: Coding–Decoding — Caesar Shift (+1)

The code shifts each letter one position forward in the alphabet (A→B, B→C, ..., Z→A):

$$S \rightarrow T, \quad K \rightarrow L, \quad Y \rightarrow Z \quad \Rightarrow \quad SKY = TLZ \checkmark$$

Applying to RAIN:

$$R \rightarrow S, \quad A \rightarrow B, \quad I \rightarrow J, \quad N \rightarrow O \quad \Rightarrow \quad RAIN = SBJO$$

Answer: (C) [Go Back to Q 22](#)

Solution 23.

Solution

Topic: Letter Series — Equal Interval (+4)

Each term advances by **4 positions** in the alphabet:

$$A \xrightarrow{+4} E \xrightarrow{+4} I \xrightarrow{+4} M \xrightarrow{+4} Q \xrightarrow{+4} U$$

Alphabetical positions: A(1), E(5), I(9), M(13), Q(17), U(21).

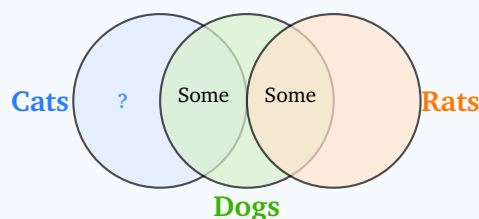
Answer: (B) [Go Back to Q 23](#)

Solution 24.

Solution

Topic: Syllogistic Reasoning — Venn Diagram Analysis

Consider the Venn diagram of three sets — Cats, Dogs, and Rats:



Statement (i) places only “some” cats in the dogs circle. Statement (ii) places only “some” dogs in the rats circle. The overlap between cats and



rats is **not determined** — it could be non-existent or partial. Hence **no definite conclusion** about cats and rats follows.

Answer: (D) [Go Back to Q 24](#)

Solution 25.

Solution

Topic: Blood Relations

“His mother is the only daughter of my father.”

- “Only daughter of my father” = **the woman herself**.
- Therefore, “his mother” = **the woman**.
- So the man is the **son** of the woman.

Answer: (A) [Go Back to Q 25](#)

Solution 26.

Solution

Topic: Ranking Problems

Total number of students = (Rank from front) + (Rank from back) – 1

$$\text{Total} = 15 + 16 - 1 = 30$$

Sachin occupies the 15th position from the front; hence there are 14 students ahead of him and 15 behind him, giving a total of $14 + 1 + 15 = 30$ students.

Answer: (C) [Go Back to Q 26](#)



Solution 27.

Solution

Topic: Number Analogy — $n \times (n + 1)$

The pattern: $7 \times (7 + 1) = 7 \times 8 = 56$.

Applying the same rule: $9 \times (9 + 1) = 9 \times 10 = 90$.

Answer: (B) [Go Back to Q 27](#)

Solution 28.

Solution

Topic: Number Properties — Perfect Cubes

Checking each option for being a perfect cube:

- $125 = 5^3$ ✓
- $216 = 6^3$ ✓
- $343 = 7^3$ ✓
- $400 = 20^2$ — it is a perfect *square*, **not** a perfect cube. ($\sqrt[3]{400} \approx 7.37$)

Answer: (D) [Go Back to Q 28](#)

Solution 29.

Solution

Topic: Figure Rotation — 180 Degrees

A 180° rotation (either clockwise or anticlockwise) reverses the direction of any pointing figure. A right-pointing arrow, when rotated by 180° , will point in the **opposite direction** — i.e., it becomes a **left-pointing arrow**. Rotating by 90° CW gives a downward arrow; 90° CCW gives an upward arrow.

Answer: (A) [Go Back to Q 29](#)



Solution 30.

Solution

Topic: Number Series — Rule: $T_n = 2 \times T_{n-1} - 1$

Verifying the rule on the given series:

$$6 \xrightarrow{\times 2 - 1} 11 \xrightarrow{\times 2 - 1} 21 \xrightarrow{\times 2 - 1} 41 \xrightarrow{\times 2 - 1} 81 \xrightarrow{\times 2 - 1} 161$$

Each term is obtained by multiplying the previous term by 2 and subtracting 1: $81 \times 2 - 1 = 162 - 1 = 161$.

Answer: (C) [Go Back to Q 30](#)

Solution 31.

Solution

Topic: Football Rules — Offside

According to the **FIFA Laws of the Game (Law 11)**, the offside rule can only apply in the **opponent's half of the field**. A player cannot be offside in their own half. Additionally, a player is only offside if they are involved in active play and are closer to the opponent's goal line than both the ball and the second-last defender.

Answer: (B) [Go Back to Q 31](#)

Solution 32.

Solution

Topic: Cricket Rules — DLS Method

The **Duckworth–Lewis–Stern (DLS) method** is a mathematical formula used in **limited-overs cricket (ODIs and T20Is)** to calculate revised targets when a match is interrupted by rain or bad weather. It accounts for the number of wickets in hand and overs remaining for both teams. It does *not* apply to Test matches.

Answer: (D) [Go Back to Q 32](#)

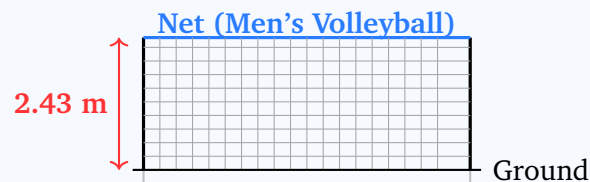


Solution 33.

Solution

Topic: Volleyball — Net Dimensions

According to **FIVB (Fédération Internationale de Volleyball)** official rules, the net height for **men's volleyball** is **2.43 metres**, while for **women's volleyball** it is 2.24 metres.



Answer: (A) [Go Back to Q 33](#)

Solution 34.

Solution

Topic: Boxing — Weight Classes

In professional boxing, the weight classes from lighter to heavier include: Flyweight → Bantamweight → Featherweight → Lightweight → Welterweight → **Middleweight** → Light Heavyweight → Heavyweight. **Middleweight** (up to ≈ 72.5 kg / 160 lbs) is the division that falls between Welterweight (≈ 66.7 kg) and Light Heavyweight (≈ 79 kg).

Answer: (C) [Go Back to Q 34](#)

Solution 35.

Solution

Topic: Athletics — Relay Races

According to **World Athletics (IAAF) rules**, the baton must be exchanged within a **20-metre exchange zone** (previously 10 m “acceleration zone” plus 10 m “deceleration zone” in older rules, now a unified 20 m zone). The baton exchange that takes place outside this zone results in disqualification.

Answer: (B) [Go Back to Q 35](#)



Solution 36.

Solution

Topic: Swimming — Olympic Pool Specifications

An **Olympic swimming pool** (also called a long-course pool) is **50 metres** in length, 25 metres wide, with a minimum depth of 2 metres. It has 8 or 10 lanes, each 2.5 metres wide. Short-course pools (25 m) are used for World Cup events but not the Olympic Games.

Answer: (D) [Go Back to Q 36](#)

Solution 37.

Solution

Topic: Exercise Physiology — FITT Principle

The **FITT Principle** is a framework for designing exercise programmes:



The first “T” stands for **Time**, which refers to the **duration of each exercise session** (e.g., 30 minutes of aerobic activity). The second “T” stands for **Type** (the kind of exercise: aerobic, resistance, flexibility, etc.).

Answer: (A) [Go Back to Q 37](#)

Solution 38.

Solution

Topic: Fitness Testing — Cooper’s Test

The **Cooper’s 12-Minute Run Test** was developed by Dr Kenneth H. Cooper in 1968 to measure **cardiovascular (aerobic) endurance**. The subject runs (or walks) as far as possible in 12 minutes, and the distance covered is correlated with maximal oxygen uptake ($VO_2\text{max}$). It is a field test widely used in physical education and military fitness assessments.

Answer: (C) [Go Back to Q 38](#)



Solution 39.

Solution

Topic: Exercise Physiology — Muscle Fibre Types

Human skeletal muscle contains two primary fibre types:

- **Type I (Slow-Twitch / Oxidative):** High mitochondrial density, rely on aerobic metabolism, **resistant to fatigue** — ideal for **endurance activities** (marathon, cycling, swimming).
- **Type II (Fast-Twitch):** Generate force rapidly but fatigue quickly — suited for sprinting, jumping, and strength events.

Hence, **Type I fibres** are best for endurance activities.

Answer: (B) [Go Back to Q 39](#)

Solution 40.

Solution

Topic: Motor Learning — Types of Feedback

Feedback in motor learning is classified as:

- **Intrinsic feedback:** Arises from **within the body's own sensory systems** — proprioceptors (muscle spindles, Golgi tendon organs), vestibular system, and kinaesthesia. It is inherent to performing the movement.
- **Extrinsic (augmented) feedback:** Provided from external sources such as a coach, video, or scoring system.

Answer: (D) [Go Back to Q 40](#)

Solution 41.

Solution

Topic: Physical Education Pedagogy — Mosston's Spectrum of Teaching Styles

Mosston's Spectrum of Teaching Styles ranges from complete teacher control (Command style) to maximum student autonomy (Self-teaching). The **Problem-Solving (Divergent Discovery) Style** is at the student-centred end: the teacher sets the problem and the **student makes all movement decisions**, exploring multiple correct responses. This max-



imises **student decision-making** and creativity.

Answer: (A) [Go Back to Q 41](#)

Solution 42.

Solution

Topic: Health Education — Hypokinetic Diseases

Hypokinetic diseases are conditions caused or aggravated by **insufficient physical activity (hypokineses)**. Common examples include **obesity**, type 2 diabetes, cardiovascular disease (coronary artery disease), hypertension, osteoporosis, and lower back pain. Asthma and tuberculosis are respiratory conditions not caused by inactivity; influenza is a viral infection.

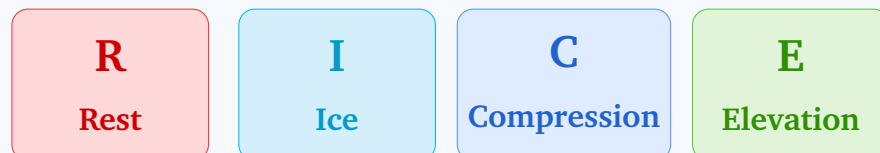
Answer: (C) [Go Back to Q 42](#)

Solution 43.

Solution

Topic: Sports First Aid — RICE Protocol

The **RICE protocol** is the standard immediate first-aid management for acute soft-tissue injuries (sprains, strains, contusions):



Rest — stop activity to prevent further damage. **Ice** — apply ice to reduce swelling and pain. **Compression** — wrap with bandage to minimise oedema. **Elevation** — raise the injured limb above heart level to reduce swelling.

Answer: (B) [Go Back to Q 43](#)



Solution 44.

Solution

Topic: Sports Personalities — Major Dhyan Chand

Major Dhyan Chand (1905–1979) is one of the greatest **field hockey** players of all time. He led India to three consecutive Olympic gold medals (1928 Amsterdam, 1932 Los Angeles, 1936 Berlin) and scored over 400 goals in international matches. His birthday (29 August) is celebrated as **National Sports Day** in India. India's highest sports award is now named after him: the Major Dhyan Chand Khel Ratna.

Answer: (D) [Go Back to Q 44](#)

Solution 45.

Solution

Topic: Sports Awards — Major Dhyan Chand Khel Ratna

The **Major Dhyan Chand Khel Ratna Award** (renamed from Rajiv Gandhi Khel Ratna in 2021) is India's highest sports honour. The government may confer this award on a maximum of **up to 5 sportspersons** in a single year. In some years, multiple athletes from different sports disciplines have received it simultaneously to recognise outstanding international achievements.

Answer: (A) [Go Back to Q 45](#)

Solution 46.

Solution

Topic: Women's Cricket in India

Shantha Rangaswamy was India's **first women's Test cricket captain**. She led the Indian women's team in their inaugural Test match in **1976** against the West Indies. She went on to become one of the pioneers of women's cricket in India. Diana Edulji was a prominent all-rounder, and Mithali Raj later became India's most capped women's player.

Answer: (C) [Go Back to Q 46](#)



Solution 47.

Solution

Topic: Olympic Games — Frequency

The **Summer Olympic Games** are held once every **4 years**. This principle (the “Olympiad”) dates back to the ancient Greek Olympics. The one exception was when the 1916, 1940, and 1944 Olympics were cancelled due to World War I and World War II. The Winter Olympics are also held every 4 years, staggered 2 years from the Summer Games.

Answer: (B) [Go Back to Q 47](#)

Solution 48.

Solution

Topic: Sports Governance — Kabaddi

Kabaddi at the international level is governed by the **International Kabaddi Federation (IKF)**, founded in 1950, which is recognised by the Asian Olympic Council and the International World Games Association. The Asian Kabaddi Championship and the Kabaddi World Cup are organised under its aegis. The Pro Kabaddi League (PKL) in India is a domestic franchise tournament.

Answer: (D) [Go Back to Q 48](#)

Solution 49.

Solution

Topic: Physical Fitness — Health-Related vs Skill-Related Components

Physical fitness components are divided into two categories:

- **Health-related:** Cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition.
- **Skill-related (performance):** Agility, balance, coordination, speed, power, reaction time.

Cardiovascular endurance is a health-related component; agility, speed, and power are skill-related components.

Answer: (A) [Go Back to Q 49](#)

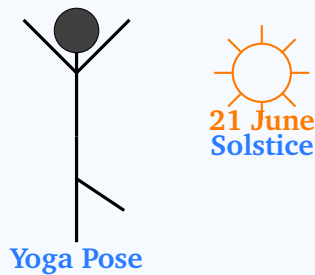


Solution 50.

Solution

Topic: Yoga — International Yoga Day

International Yoga Day is observed every year on **21 June**. The United Nations General Assembly declared this date in December 2014 (Resolution 69/131), following India's proposal led by Prime Minister Narendra Modi. The first International Yoga Day was celebrated on 21 June **2015**. June 21 is also the summer solstice — the longest day of the year in the Northern Hemisphere.



Answer: (C)

[Go Back to Q 50](#)



ANSWER KEY | Sample Paper 4 | All 50 Questions

Q.No.	Answer	Q.No.	Answer	Q.No.	Answer	Q.No.	Answer	Q.No.	Answer
1	C	2	B	3	D	4	A	5	C
6	B	7	D	8	A	9	C	10	B
11	D	12	A	13	C	14	B	15	D
16	A	17	D	18	B	19	C	20	A
21	D	22	C	23	B	24	D	25	A
26	C	27	B	28	D	29	A	30	C
31	B	32	D	33	A	34	C	35	B
36	D	37	A	38	C	39	B	40	D
41	A	42	C	43	B	44	D	45	A
46	C	47	B	48	D	49	A	50	C

Option Distribution Summary

Option	A	B	C	D	Total
Count	12	12	13	13	50

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