

# RIE CEE Language Proficiency

## Sample Paper – 7

Duration: 30 Minutes

Maximum Marks: 40

### Instructions

- This paper contains **20** Multiple Choice Questions (Single Correct Answer), modelled on the **Language Proficiency in English** section of the **RIE CEE** (NCERT Regional Institutes of Education Common Entrance Exam).
- Each correct answer carries **+2 marks**. There is a penalty of **–0.5 mark** for every incorrect answer. Unattempted questions carry **0 marks**.
- Only **one** option is correct. Choose carefully before marking, since wrong answers are penalised.
- The actual exam is a **Computer Based Test (CBT)**; attempt this paper in one timed sitting of 30 minutes.
- Use of mobile phones, calculators, or electronic gadgets is not permitted.

**Q1. Directions (Q.1–Q.4):** Read the following passage and answer the questions that follow.

*Many people imagine that fitness is built only in the dramatic hours of a hard workout, but the truth is gentler and more demanding. A body grows stronger not during the effort itself but in the quiet hours of rest that follow, when torn muscle fibres knit themselves back thicker than before. An athlete who trains every single day without pause soon finds that performance plateaus and small injuries multiply. The wisest coaches therefore treat recovery as a part of training rather than an interruption of it. Sleep, light movement and patience are not signs of laziness; they are the very tools through which the hard work of the gym is finally turned into lasting strength.*



Which of the following best expresses the main idea of the passage?

- (A) Daily training without any break is the surest path to becoming a champion.
- (B) Rest and recovery are an essential part of training, not a break from it.
- (C) Muscle injuries are unavoidable for anyone who exercises regularly.
- (D) Coaches dislike athletes who sleep too much between competitions.

**Q2.** According to the passage, when does the body actually grow stronger?

- (A) Only during the most intense moment of the workout.
- (B) While the athlete is competing against rivals.
- (C) At the instant the muscle fibres are first torn.
- (D) During the hours of rest that follow the effort.

**Q3.** In the passage, the word “**plateaus**” is closest in meaning to:

- (A) stops improving and stays level
- (B) rises sharply and suddenly
- (C) collapses completely
- (D) becomes dangerously fast

**Q4.** The attitude of the writer towards rest can best be described as:

- (A) dismissive and mocking
- (B) anxious and fearful
- (C) respectful and approving
- (D) bored and indifferent

**Q5.** Choose the option that correctly completes the sentence: “By the time the final whistle blew, the visiting team \_\_\_\_\_ every chance it had created.”



- (A) has wasted
- (B) is wasting
- (C) had wasted
- (D) will waste

**Q6.** Fill in the blank with the correct article: “After the marathon, each runner was handed \_\_\_\_\_ banana and a bottle of water at the finish line.”

- (A) a
- (B) an
- (C) the
- (D) no article is needed

**Q7.** Choose the correct preposition: “The young gymnast has been training \_\_\_\_\_ the national championship since early spring.”

- (A) against
- (B) for
- (C) from
- (D) over

**Q8.** Choose the grammatically correct sentence:

- (A) Either the coach or the players is responsible for the warm-up.
- (B) The team of swimmers have lost their captain to an injury.
- (C) Each of the wrestlers were weighed before the bout.
- (D) Neither the referee nor the linesmen were aware of the foul.

**Q9.** Choose the option that correctly completes the sentence: “The coach reminded the captain and \_\_\_\_\_ that the medals belonged to the whole squad.”

- (A) me



- (B) I
- (C) myself
- (D) mine

**Q10.** Identify the part of the sentence that contains an error: “The new fitness centre (A)/ offer free coaching (B)/ to every student (C)/ who joins before May. (D)”

- (A) to every student
- (B) offer free coaching
- (C) The new fitness centre
- (D) who joins before May

**Q11.** Choose the best replacement for the underlined part: “The sprinter ran more faster than anyone had expected in the heats.”

- (A) most fast
- (B) more fast
- (C) faster
- (D) much faster than

**Q12.** Identify the part of the sentence that contains an error: “No sooner had the referee blown the whistle (A)/ than the crowd rose to its feet (B)/ and cheered the home side (C)/ towards the open goal. (D)”

- (A) than the crowd rose to its feet
- (B) and cheered the home side
- (C) No sooner had the referee blown the whistle
- (D) No error

**Q13.** Choose the word most nearly **similar** in meaning to “**agile**”:

- (A) clumsy



- (B) sturdy
- (C) nimble
- (D) weary

**Q14.** Choose the word most nearly **opposite** in meaning to “**strenuous**”:

- (A) exhausting
- (B) demanding
- (C) effortless
- (D) lengthy

**Q15.** Choose the single word for the expression: “a person who takes part in a sport or game purely for pleasure and not for payment”.

- (A) veteran
- (B) amateur
- (C) referee
- (D) spectator

**Q16.** What does the idiom “**to throw in the towel**” mean?

- (A) to clean up after a match
- (B) to celebrate a hard-won victory
- (C) to begin a contest with confidence
- (D) to admit defeat and give up

**Q17.** Fill in the blank with the most suitable word: “A steady warm-up helps the muscles \_\_\_\_\_ for sudden bursts of speed during the race.”

- (A) collapse
- (B) shrink
- (C) prepare
- (D) tighten



- Q18.** Fill in the blank with the most suitable word: “Despite a painful ankle, the climber showed remarkable \_\_\_\_\_ and finished the route.”
- (A) endurance
  - (B) reluctance
  - (C) carelessness
  - (D) confusion
- Q19.** Arrange the parts to form a meaningful sentence:
- (P) the physiotherapist advised her
  - (Q) after the long season ended,
  - (R) to rest for a fortnight
  - (S) before resuming any heavy training
- (A) P Q R S
  - (B) Q P R S
  - (C) R S Q P
  - (D) Q R P S
- Q20.** Arrange the parts to form a meaningful sentence:
- (P) the entire stadium fell silent
  - (Q) as the high jumper
  - (R) and cleared the bar with ease
  - (S) gathered her last burst of speed
- (A) Q S R P
  - (B) P R Q S
  - (C) S Q P R
  - (D) P Q S R



## Detailed Solutions

Q1.

## Solution

**Concept — Main idea:** The main idea is the central claim the whole passage supports, not one example inside it.

**Step 1 — Trace the argument:** The passage argues that strength is built during rest, that constant training without pause causes plateaus and injuries, and that wise coaches treat recovery as part of training.

**Step 2 — Match to options:** The sentence that captures every part of this is the one calling rest an essential part of training, which is option (B).

**Why other options are wrong:**

- (A) is the very mistake the passage warns against.
- (C) treats injuries as unavoidable, while the passage says they multiply only without rest.
- (D) invents a dislike of sleep that the passage never expresses.

**Final Answer:** Rest and recovery form a part of training ⇒ **B**

**Answer: (B)** [Go Back to Q1](#)

Q2.

## Solution

**Concept — Locating a detail:** A detail question is answered by the exact line that states the fact.

**Step 1 — Find the relevant sentence:** The passage says a body grows stronger “in the quiet hours of rest that follow”.

**Step 2 — Restate it:** Growth happens after the effort, during rest, which option (D) repeats accurately.

**Why other options are wrong:**

- (A) names the workout itself, the opposite of what the passage says.
- (B) introduces competition, never mentioned for this point.
- (C) names the moment of tearing, which is when damage, not growth, occurs.

**Final Answer:** The body grows stronger during rest after effort ⇒ **D**



**Answer: (D)** [Go Back to Q2](#)

Q3.

### Solution

**Concept — Vocabulary in context:** Read the word inside its own sentence and pick the meaning that fits that sense.

**Step 1 — See the usage:** The text says performance “plateaus” for an athlete who never pauses.

**Step 2 — Test the meaning:** A plateau is a flat, level stretch, so to “plateau” is to stop improving and stay level, which is option (A).

**Why other options are wrong:**

- (B) “rises sharply” is the reverse of levelling off.
- (C) “collapses completely” is too extreme; the level merely holds.
- (D) “becomes dangerously fast” has nothing to do with the word.

**Final Answer:** “Plateaus” means to stop improving and stay level ⇒ **A**

**Answer: (A)** [Go Back to Q3](#)

Q4.

### Solution

**Concept — Tone and attitude:** Tone is the writer’s feeling, read from the describing words used.

**Step 1 — Spot the loaded words:** The writer calls rest one of “the very tools” of strength and rejects the idea that it is laziness.

**Step 2 — Name the feeling:** Defending rest and praising its value shows a respectful and approving attitude, which is option (C).

**Why other options are wrong:**

- (A) “mocking” contradicts the praise given to rest.
- (B) “anxious” fits worry, but the writer is calm and confident.
- (D) “indifferent” cannot fit a writer who argues so warmly for rest.

**Final Answer:** The writer is respectful and approving of rest ⇒ **C**

**Answer: (C)** [Go Back to Q4](#)



Q5.

**Solution**

**Concept — Past perfect tense:** For an action completed before another past action, use the past perfect (“had” + past participle).

**Step 1 — Find the time markers:** “By the time the final whistle blew” is a past event; the wasting of chances happened before it.

**Step 2 — Choose the earlier-past form:** The action finished before the whistle, so it takes “had wasted”, which is option (C).

**Why other options are wrong:**

- (A) “has wasted” is present perfect, wrong with a clear past time.
- (B) “is wasting” is present continuous, not past.
- (D) “will waste” is future, impossible after “blew”.

**Final Answer:** The earlier past action needs “had wasted” ⇒

[Go Back to Q5](#)

Q6.

**Solution**

**Concept — Articles “a” and “an”:** Use “a” before a consonant sound and “an” before a vowel sound.

**Step 1 — Hear the next sound:** The next word is “banana”, which begins with the consonant sound /b/.

**Step 2 — Pick the article:** A consonant sound takes “a”, so “a banana” is correct, which is option (A).

**Why other options are wrong:**

- (B) “an” is for vowel sounds, not /b/.
- (C) “the” would point to one specific known banana, which the sentence does not.
- (D) a singular countable noun like “banana” must take an article.

**Final Answer:** “a banana” is correct ⇒

[Go Back to Q6](#)



Q7.

**Solution**

**Concept — Preposition of purpose:** To show the goal one is working towards, English uses “for”.

**Step 1 — Identify the meaning:** The gymnast trains with the championship as her aim.

**Step 2 — Match the preposition:** “Training for the championship” expresses that purpose correctly, which is option (B).

**Why other options are wrong:**

- (A) “against” suggests opposition, not a goal.
- (C) “from” shows a starting point or source, not purpose.
- (D) “over” shows position or duration, not aim.

**Final Answer:** “training for the championship” ⇒

[Go Back to Q7](#)

Q8.

**Solution**

**Concept — Subject-verb agreement:** With “neither... nor”, the verb agrees with the noun nearest to it.

**Step 1 — Find the nearer subject:** In option (D) the nearer noun is “linesmen”, which is plural.

**Step 2 — Match the verb:** A plural nearer subject takes the plural “were”, so “Neither the referee nor the linesmen were aware” is correct, which is option (D).

**Why other options are wrong:**

- (A) the nearer subject “players” is plural, so it needs “are”, not “is”.
- (B) “team” is a single unit here, so it needs “has”, not “have”.
- (C) “each of” is singular and needs “was”, not “were”.

**Final Answer:** Option (D) follows the proximity rule ⇒

[Go Back to Q8](#)



Q9.

**Solution**

**Concept — Object pronoun:** After a verb, a pronoun acts as the object and must be in the object form.

**Step 1 — Find the role:** “The captain and \_\_\_\_\_” are both receivers of the verb “reminded”, so the blank is an object.

**Step 2 — Pick the object form:** The object form of the first person is “me”, so “reminded the captain and me” is correct, which is option (A).

**Why other options are wrong:**

- (B) “I” is a subject pronoun, wrong as an object.
- (C) “myself” is reflexive and needs “I” earlier in the clause to refer back to.
- (D) “mine” is possessive, not a person being reminded.

**Final Answer:** The object pronoun “me” is correct ⇒

[Go Back to Q9](#)

Q10.

**Solution**

**Concept — Singular subject, singular verb:** A singular subject in the present tense takes a verb ending in “-s”.

**Step 1 — Find the subject:** The subject is “The new fitness centre”, which is singular.

**Step 2 — Check the verb:** A singular subject needs “offers”, but part (B) reads “offer free coaching”, so the error is in (B).

**Why other options are wrong:**

- (A) “The new fitness centre” is a correct subject phrase.
- (C) “to every student” is a correct prepositional phrase.
- (D) “who joins before May” correctly uses singular “joins”.

**Final Answer:** “offer” should be “offers” ⇒

[Go Back to Q10](#)



Q11.

**Solution**

**Concept — Comparative form:** A short adjective forms its comparative with “-er” alone; never use “more” with an “-er” word.

**Step 1 — Spot the double comparative:** “More faster” wrongly stacks “more” on top of the “-er” already in “faster”.

**Step 2 — Correct it:** The single comparative “faster” is enough, which is option (C).

**Why other options are wrong:**

- (A) “most fast” is a wrong superlative form for “fast”.
- (B) “more fast” is still a wrong comparative; “fast” takes “-er”.
- (D) “much faster than” adds a second “than” that the sentence already has.

**Final Answer:** The correct comparative is “faster” ⇒  C

**Answer: (C)** [Go Back to Q11](#)

Q12.

**Solution**

**Concept — “No sooner...than” structure:** The pattern is “No sooner had + subject + past participle ... than ...”.

**Step 1 — Check the inversion:** Part (A) correctly inverts as “No sooner had the referee blown the whistle”.

**Step 2 — Check the rest:** Part (B) correctly uses “than”, and parts (C) and (D) are sound; every part is grammatical.

**Why other options are wrong:**

- (A) the inversion “No sooner had ...” is correct, so it holds no error.
- (B) “than the crowd rose to its feet” correctly pairs with “no sooner”.
- (C) “and cheered the home side” is a correct continuation.

**Final Answer:** The sentence is correct throughout ⇒  D

**Answer: (D)** [Go Back to Q12](#)



Q13.

**Solution**

**Concept — Synonym:** A synonym is a word with nearly the same meaning.

**Step 1 — Define the word:** “Agile” means able to move quickly and easily.

**Step 2 — Match the meaning:** “Nimble” also means quick and light in movement, so it is the closest synonym, which is option (C).

**Why other options are wrong:**

- (A) “clumsy” is the opposite of agile.
- (B) “sturdy” means strong, not quick.
- (D) “weary” means tired, which is unrelated.

**Final Answer:** “Nimble” is the synonym of “agile” ⇒  C

Answer: (C) [Go Back to Q13](#)

Q14.

**Solution**

**Concept — Antonym:** An antonym is a word with the opposite meaning.

**Step 1 — Define the word:** “Strenuous” means needing great effort or energy.

**Step 2 — Find the opposite:** “Effortless” means needing no effort, the direct opposite, which is option (C).

**Why other options are wrong:**

- (A) “exhausting” is a near synonym, not an antonym.
- (B) “demanding” also means hard, the same side as strenuous.
- (D) “lengthy” refers to time, not effort.

**Final Answer:** “Effortless” is the antonym of “strenuous” ⇒  C

Answer: (C) [Go Back to Q14](#)



Q15.

**Solution**

**Concept — One-word substitution:** A single precise word can replace a long descriptive phrase.

**Step 1 — Read the description:** A person who plays a sport for pleasure and not for payment.

**Step 2 — Name the word:** Such a person is an “amateur”, which is option (B).

**Why other options are wrong:**

- (A) a “veteran” is an experienced person, paid or not.
- (C) a “referee” officiates a match rather than playing.
- (D) a “spectator” only watches and does not take part.

**Final Answer:** The word is “amateur” ⇒ **B**

**Answer: (B)** [Go Back to Q15](#)

Q16.

**Solution**

**Concept — Idiom:** An idiom carries a fixed figurative meaning beyond its literal words.

**Step 1 — Recall the origin:** In boxing, a trainer throws a towel into the ring to stop the fight for a beaten boxer.

**Step 2 — State the meaning:** The idiom therefore means to admit defeat and give up, which is option (D).

**Why other options are wrong:**

- (A) cleaning up is a literal reading, not the idiom.
- (B) the idiom signals surrender, not celebration.
- (C) it marks an ending, not a confident start.

**Final Answer:** “Throw in the towel” means to give up ⇒ **D**

**Answer: (D)** [Go Back to Q16](#)



Q17.

**Solution**

**Concept — Fill the blank by sense:** The chosen word must fit both the grammar and the meaning of the sentence.

**Step 1 — Read the intent:** A warm-up readies the muscles for sudden bursts of speed.

**Step 2 — Test the verb:** “Prepare for” fits the idea of getting ready, which is option (C).

**Why other options are wrong:**

- (A) “collapse” means to fail, the opposite of getting ready.
- (B) “shrink” means to get smaller, which makes no sense here.
- (D) “tighten” is what a warm-up tries to avoid before sprinting.

**Final Answer:** “prepare” fits the blank ⇒

**Answer: (C)** [Go Back to Q17](#)

Q18.

**Solution**

**Concept — Fill the blank by sense:** Choose the noun whose meaning suits the whole sentence.

**Step 1 — Read the clue:** “Despite a painful ankle . . . finished the route” shows the climber kept going through hardship.

**Step 2 — Test the noun:** “Endurance” means the power to keep going under strain, which fits exactly, so it is option (A).

**Why other options are wrong:**

- (B) “reluctance” means unwillingness, but she did finish.
- (C) “carelessness” does not explain finishing despite pain.
- (D) “confusion” has nothing to do with persevering.

**Final Answer:** “endurance” fits the blank ⇒

**Answer: (A)** [Go Back to Q18](#)



Q19.

**Solution**

**Concept — Sentence rearrangement:** Order the parts so the sentence reads logically from start to finish.

**Step 1 — Find the opener:** Part (Q) “after the long season ended” sets the time and naturally begins the sentence.

**Step 2 — Build the chain:** (P) names who acted, (R) gives the advice, and (S) adds the condition: Q-P-R-S, which is option (B).

**Why other options are wrong:**

- (A) P Q R S starts with “the physiotherapist advised her” before saying when.
- (C) R S Q P begins mid-advice and breaks the flow.
- (D) Q R P S separates “advised her” from the advice it introduces.

**Final Answer:** The correct order is Q P R S ⇒ **B**

**Answer: (B)** [Go Back to Q19](#)

Q20.

**Solution**

**Concept — Sentence rearrangement:** Arrange the parts so cause, action and result follow in order.

**Step 1 — Find the opener:** Part (P) “the entire stadium fell silent” is a complete clause that opens the scene.

**Step 2 — Build the chain:** (Q) introduces the jumper, (S) tells what she did, and (R) gives the result: P-Q-S-R, which is option (D).

**Why other options are wrong:**

- (A) Q S R P leaves the silence stranded at the end.
- (B) P R Q S puts the result “cleared the bar” before the run-up.
- (C) S Q P R begins with a fragment “gathered her last burst of speed”.

**Final Answer:** The correct order is P Q S R ⇒ **D**

**Answer: (D)** [Go Back to Q20](#)



**Answer Key**

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

