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| 1 | Select from the alternatives the word nearest in meaning to the word: NOMINAL | | | | | |
| | a) Formal | b) Simple | c) Theoretical | d) Insignificant | d | Insignificant |
| 2 | Substitute the phrase with one word: <i>Arrangements of events according to dates or times of occurrence</i> | | | | | |
| | a) Ecology | b) Etymology | c) Chronology | d) Cytology | c | Chronology |
| 3 | Poor man was _____ entry to the temple. | | | | | |
| | a) Avoided | b) Denied | c) Devoid | d) No | b | Denied |
| 4 | Antonym (opposite word) for 'Fickle' is | | | | | |
| | a) Flighty | b) Subtle | c) Stable | d) Crafty | c | Stable |
| 5 | Which of the following words is incorrectly spelt? | | | | | |
| | a) Obscure | b) Omision | c) Opportunity | d) Obsolete | b | Omision |
| 6 | Meaning of idiom 'Like a dying duck in a thunderstorm' means | | | | | |
| | a) Dejected | b) Daring | c) Comfortable | d) Confident | a | Dejected |
| 7 | Improve the underlined phrases: If he doesn't score forty percent in all subjects, he <u>would not be promoted</u> to the next class. | | | | | |
| | a) Was not being | b) No improvement | c) Is not being | d) Will not be | d | Will not be |
| 8 | While the report shows an 8 per cent rise in real-term spending per child in the five years up to 2013, it also notes a 14 per cent increase in private _____ in the region in the same period. | | | | | |
| | a) Cost | b) Receipts | c) Expenditure | d) Payments | c | Expenditure |
| 9 | In a recent judgment, the apex court upheld the natural right of a woman to bring up her child without any need to mention its _____ father's name if she did not want to. | | | | | |
| | a) Biological | b) Logical | c) Global | d) Hereditary | a | Biological |
| 10 | Find the correctly spelt word. | | | | | |

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| | a) possesses | b)posseses | c)possesses | d)poseses | a | possesses |
| 11 | Which Part of the Indian constitution contains the Fundamental Rights? | | | | | |
| | a) Part I | b) Part II | c) Part III | d) Part IV | c | Part III |
| 12 | Vitamin A is also known as | | | | | |
| | a) Ascorbic Acid | b) Retinol | c) Thiamine | d) riboflavin | b | Retinol |
| 13 | In which layer of the atmosphere 'Ozone' layer is found | | | | | |
| | a) Stratosphere | b) Troposphere | c) Mesosphere | d) Exosphere | a | Stratosphere |
| 14 | In which place Gautam Buddha passed away? | | | | | |
| | a)Bodh Gaya | b) Lumbini | c)Sarnath | d)Kushinagar | d | Kushinagar |
| 15 | From evolutionary point of view, which of the following is closer to man> | | | | | |
| | a) Dolphin | b) Shark | c) Tortoise | d) Wolf | d | wolf |
| 16 | Which Indian chess player recently won the Cairns Cup chess tournament? | | | | | |
| | a) Koneru Humpy | b) Viswanathan Anand | c) Harikrishna | d)Adhiban | a | Koneru Humpy |
| 17 | Ronnie O'Sullivan, who recently became the oldest World Champion, plays which sports? | | | | | |
| | a) Tennis | b) Snooker | c) Squash | d) Golf | b | Snooker |
| 18 | Which country's scientists have grown plants in lunar soil for the first time? | | | | | |
| | a) USA | b) India | c) Japan | d) China | a | USA |
| 19 | Which tennis player won the Italian Open 2022 women's single title? | | | | | |
| | a) Ashleigh Barty | b)IgaSwiatek | c) Naomi Osaka | d) Simona Halep | b | IgaSwiatek |
| 20 | Which institution organised a National Level Workshop on "Innovative Agriculture"? | | | | | |
| | a) Ministry of Agriculture | b) NITI Aayog | c) NABARD | d) Indian Council of | b | NITI Aayog |

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| | and Farmers Welfare | | | Agriculture Research | | |
| 21 | According to new terminology, 'Aries' means 'air', 'Taurus' means 'light', 'Libra' means 'water' and 'Scorpio' means 'earth'. What would an organism breathe in? | | | | | |
| | a) Aries | b) Taurus | c) Libra | d) Scorpio | a | Aries |
| 22 | <p>Read the following information to answer the given question.</p> <p>1. A, B, C, D, E, and F are sitting in a row.</p> <p>2. E and F are in the centre, A and B are at the ends.</p> <p>3. C is sitting on the left of A.</p> <p>Who is sitting three places on the right of D?</p> | | | | | |
| | a) A | b) B | c) C | d) D | c | C |
| 23 | Complete the given series by finding the missing term: 28, 33, 31, ?, 34, 39 | | | | | |
| | a) 34 | b) 35 | c) 36 | d) 37 | c | 36 |
| 24 | In a certain code language, 'sea is deep' means '213', 'sky is blue' means '514' and 'sea looks blue' means '264'. What number is the code for 'sea'? | | | | | |
| | a) 1 | b) 2 | c) 3 | d) 4 | b | 2 |
| 25 | If one-third of one-fourth of a number is 15. What is three-tenth of that number? | | | | | |
| | a) 35 | b) 36 | c) 45 | d) 54 | d | 54 |

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| 26 | What sports and exercise psychology specialists does not do? | | | | | |
| | a) Teaching | b) consulting | c) conducting research | d) medication | d | medication |
| 27 | Who conducted the first experiment in sport psychology? | | | | | |
| | a) Norman Triplett | b) Coleman Griffith | c) B. F. Skinner | d) Albert Bandura | a | Norman Triplett |
| 28 | From the view point of Socioecology, which of the following factor is the most important one in the development of human personality? | | | | | |
| | a) culture | b) literature | c) art | d) money | a | culture |
| 29 | Cognitive process is concerned with- | | | | | |
| | a) thinking experience | b) knowing experience | c) feeling experience | d) striving experience | b | knowing experience |
| 30 | “Psychology is the study of human behaviour & human relationships” is given by- | | | | | |
| | a) Skinner | b) Crow & Crow | c) Kurt koffka | d) Stephens | b | Crow & Crow |
| 31 | _____psychology is the branch of psychology that focuses on internal states. | | | | | |
| | a) cognitive | b) comparative | c) Cross-Cultural | d) Developmental | a | cognitive |
| 32 | The scientific study of human development seeks to understand and explain how and why people change throughout life is called | | | | | |
| | a) abnormal psychology | b) educational psychology | c) developmental psychology | d) experimental psychology | c | developmental psychology |
| 33 | Which is not the Importance of educational psychology with special reference to Physical education & sports? | | | | | |
| | a) Individual difference | b) Motivational Technique | c) Promote Healthy Relationships | d) Forensic Psychology | d | Forensic Psychology |
| 34 | Which method we can infer the mental process of others through observation of their external behaviour? | | | | | |
| | a) Introspection Method | b) Survey Method | c) Observation Method | d) Experimental Method | c | Observation Method |
| 35 | Who is known as father of American sport psychology? | | | | | |
| | a) Coleman Griffith | b) Norman Triplett | c) Kurt koffka | d) o Kolesnik | a | Coleman Griffith |
| 36 | Which factor does not transmitted through genes? | | | | | |
| | a) physical | b) functions | c) other ancestry | d) | d | environment |

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| | characteristics | | or species | environment | | |
| 37 | Which principle states that children are not the exact replicas of their parents? | | | | | |
| | a) Law of Variation | b) Law of Regression | c) Environment | d) Law of motion | a | Law of Variation |
| 38 | The progressive development of a living thing, especially the process by which the body reaches its point of complete physical development is called | | | | | |
| | a) Development | b) Intelligence | c) Growth | d) Hereditary | c | Growth |
| 39 | Which is Physical Factors that influence on Individual differences? | | | | | |
| | a) Values | b) Interests | c) Age | d) Personality | c | Age |
| 40 | Learn when they can take in new information through their eyes are | | | | | |
| | a) Verbal learners | b) Kinaesthetic Learners | c) Auditory Learners | d) Visual Learners | d | Visual Learners |
| 41 | You prefer using your body, hands and sense of touch. | | | | | |
| | a) Physical Learning | b) Visual Learning | c) Aural Learning | d) Learning Logical | a | Physical Learning |
| 42 | “Learning is a process of progressive behavior adaptation” by | | | | | |
| | a) Skinner | b) Leagans | c) Kolb | d) Pakpa | a | Skinner |
| 43 | The law that involves the emotional reaction of the learner is known as | | | | | |
| | a) Law of Exercise | b) Law of Readiness | c) Law of Effect | d) Laws of Learning | c | Law of Effect |
| 44 | The principle of exercise states that those things most often repeated are best remembered. | | | | | |
| | a) Law of Exercise | d) Laws of Learning | c) Law of Effect | d)) Law of Readiness | a | Law of Exercise |
| 45 | If the learning for one subject or activity facilitates the learning of another subject or activity | | | | | |
| | a) Positive Transfer | b) Positive Transfer | c) Zero Transfer | d) Types of transfer | a | Positive Transfer |
| 46 | The graphical representation of the progresses made through practice is known as | | | | | |
| | a) Learning Curve | b) Plateaus in learning | c) convex curve | d) concave curve | a | Learning Curve |
| 47 | The period of rapid progress rate slows down and sometimes it appears that no advancement is being made even though practice is being given, such a situation in learning is called | | | | | |
| | a) Causes of Plateaus | b)) Learning Curve | c) Straight line curve | d) Plateaus in learning | d | Plateaus in learning |

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| 48 | “Memory is the retention or storage of information in any form.” is given by | | | | | |
| | a) Fiedsetal | b) Levin | c) Guilford | d) Woodworth and Marquis | c | Guilford |
| 49 | “Motive – the desire to fulfil a need” is given by | | | | | |
| | a) Cox | b) Sage | c) Ryckman | d) Gerbing | a | Cox |
| 50 | _____Motivation emerges from within and is directly linked with the natural instincts, urges and impulses of the organism. | | | | | |
| | a) Intrinsic | b) Extrinsic | c) Achievement | d) Developing | a | Intrinsic |
| 51 | Reading books in order to pass the examination is an example of | | | | | |
| | a) Intrinsic | b) d) Developing | c) Extrinsic | d) Achievement | c | Extrinsic |
| 52 | There are four words given below among them you should choose which one is not the types of emotions. | | | | | |
| | a) Worry | b) Motive | c) Jealousy | d) Fear | b | Motive |
| 53 | Name the first principal of YMCA College of Physical Education, Madras, Chennai is | | | | | |
| | a) M.K. Singh | b) H.C. Buck | c) Kurt koffka | d) P.M. Joseph | b | H.C. Buck |
| 54 | _____is also called visualization or mental rehearsal. Fill up the blank by using appropriate answer. | | | | | |
| | a) Imagery | b)Plan | c) See success | d) Psychology | a | Imagery |
| 55 | _____ is socially constructed definition of men and women. It is not the same as sex and it is not the same as women. | | | | | |
| | a) Feminine | b) Masculine | c) Special population | d) Gender | d | Gender |
| 56 | Pre-school children learn things by | | | | | |
| | a) watching T.V | b) imitations | c) practice | d) repetition | b | imitations |
| 57 | Individual difference’s impact on the ability to learn skills is influence by | | | | | |
| | a) hereditary | b) environment | c) sex of participant | d) hereditary and environment | a | hereditary |
| 58 | The electronic device uses for eye movement, movement pattern of eye and eye fixation is called | | | | | |
| | a) Eye tracker | b) Eye analyzer | c) Eye visualizer | d) Eye movement tracker | a | Eye tracker |

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| 59 | The NEO PI-R model of personality proposes the following number of personality factors: | | | | | |
| | a) 6 | b) 10 | c) 4 | d) 5 | d | 5 |
| 60 | Who proposed the Iceberg theory of personality? | | | | | |
| | a) Alfred Adler | b) Raymond Cattell | c) Sigmund Freud | d) Gordon Allport | c | Sigmund Freud |
| 61 | Most subjective method of measuring personality is | | | | | |
| | a) Projective method | b) Interview method | c) Sociometry method | d) Sociometry method | a | Projective method |
| 62 | Who created the Children's Apperception test? | | | | | |
| | a) Murray | b) Bellak | c) Freud | d) Holland | b | Bellak |
| 63 | Who proposed the psychosocial theory of personality? | | | | | |
| | a) Freud | b) Rollomay | c) Jung | d) Erikson | d | Erikson |
| 64 | 16 Primary Factors Test is based on: | | | | | |
| | a) Eysenck's Theory | b) Cattell's Theory | c) Jung's Theory | d) Allport's Theory | b | Cattell's Theory |
| 65 | Neuroticism trait of personality can be best described as | | | | | |
| | a) Introversion | b) Sadness | c) Emotional Instability | d) Happiness | c | Emotional Instability |
| 66 | Who proposed the Hierarchy of needs theory of motivation? | | | | | |
| | a) Carl Rogers | b) Linda Goodman | c) Abraham Maslow | d) Anna Freud | c | Abraham Maslow |
| 67 | Who coined the term "unconditional positive regard"? | | | | | |
| | a) Carl Rogers | b) Linda Goodman | c) Abraham Maslow | d) Anna Freud | a | Carl Rogers |
| 68 | Which of the following is NOT a theory of motivation? | | | | | |
| | a) Goal-setting Theory | b) Vroom's Expectancy Theory | c) Motivator-Hygiene Theory | d) Freud's Iceberg theory | d | Freud's Iceberg theory |
| 69 | Which one of these represents extrinsic motivation? | | | | | |
| | a) High Salary | b) Meeting personal goals | c) Learning for self-growth | d) Having fun in the activity | a | High Salary |
| 70 | Which one of these represents intrinsic motivation? | | | | | |
| | a) Money | b) Gold Medal | c) Popularity and Fame | d) Passion for the sport | d | Passion for the sport |
| 71 | Which of the following is NOT an internal motivational force? | | | | | |

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| | a) Goals | b) Needs | c) Attitudes | d) Feedback | d | Feedback |
| 72 | Albert Bandura's social cognitive theory defines _____ as gaining knowledge by observing how others perform a task and then modeling one's own behaviour in a similar manner. | | | | | |
| | a) Instrumental learning | b) Interactive mastery | c) Vicarious learning | d) Physiological observation | c | Vicarious learning |
| 73 | Which of the following is NOT a common contributor of aggression in sports? | | | | | |
| | a) Testosterone | b) Alcohol | c) Dopamine | d) Heat | c | Dopamine |
| 74 | Which of the following is NOT an effective technique to manage aggression in sports? | | | | | |
| | a) Positive reinforcement | b) Substance abuse | c) Psychological contracts | d) Non-aggressive models | b | Substance abuse |
| 75 | In the context of sports, which of the following is NOT a type of aggression? | | | | | |
| | a) Hostile | b) Instrumental | c) Manipulative | d) Assertive | c | Manipulative |
| 76 | The correct attributional style can help prevent: | | | | | |
| | a) Injury | b) Learned helplessness | c) Stigma & gender discrimination | d) Corruption in sports | b | Learned helplessness |
| 77 | Codeine is an example of | | | | | |
| | a) Narcotic analgesics | b) Beta blockers | c) Stimulants | d) Hallucinogens | a | Narcotic analgesics |
| 78 | Sports which are well known for the use of stimulants | | | | | |
| | a) Archery | b) Javelin throw | c) Football | d) Chess | c | Football |
| 79 | Sports which are well known for the use of betablockers | | | | | |
| | a) Archery | b) Football | c) Kabaddi | d) Basketball | a | Archery |
| 80 | Which of the following is well known for the use of diuretics | | | | | |
| | a) Football | b) Endurance cycling | c) Archery | d) Boxing | d | Boxing |
| 81 | The Big FIVE theory of Personality is also known as | | | | | |
| | a) OCEAN model of personality | b) RIVER model of personality | c) BEACH model of personality | d) LIGHT model of personality | a | OCEAN model of personality |
| 82 | What aspect of sports psychology involves training a person in an environment that imitates the actual conditions the player will face | | | | | |

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| | during a competition? | | | | | |
| | a) Simulation | b) Stimulation | c) Simulcasting | d) Simulation | a | Simulation |
| 83 | Which of the following is known as the “stress hormone”? | | | | | |
| | a) Dopamine | b) Testosterone | c) Adrenaline | d) Cortisol | d | Cortisol |
| 84 | The presence of stress in an athlete _____ their susceptibility to injury. | | | | | |
| | a) decreases | b) increases | c) has no effect on | d) reverses | b | increases |
| 85 | Which of the following psychologists used the phrase ‘stream of consciousness’ to describe the functioning of the mind? | | | | | |
| | a) Sigmund Freud | b) William James | c) Wilhelm Wundt | d) Ivan Pavlov | b | William James |
| 86 | According to Piaget, the second stage of cognitive development is: | | | | | |
| | a) Sensory motor | b) Formal operational | c) Pre-operational | d) Concrete operational | c | Pre-operational |
| 87 | The 24 character strengths were identified by? | | | | | |
| | a) Albert Bandura | b) Martin Seligman | c) Carol Dweck | d) Philip Zimbardo | b | Martin Seligman |
| 88 | A student who seeks meaning and reasoning for what s/he learns can be classified as: | | | | | |
| | a) Innovative learner | b) Common sense learner | c) Dynamic learner | d) Analytic learner | d | Analytic learner |
| 89 | Who amongst the following has not propounded a learning theory? | | | | | |
| | a) Kohler | b) Thorndike | c) Skinner | d) B.S. Bloom | d | B.S. Bloom |
| 90 | The individual who ismotivated performs any work connected with his activity. | | | | | |
| | a) intrinsical ly | b) extrinsically | c) sustained | d) expectan cy | a | Intrinsically |
| 91 | Which part of the neuron receives information from other cells? | | | | | |
| | a) Axon | b) Cell body | c) Axon terminals | d) Dendrite s | d | Dendrites |
| 92 | The source of intrinsic motivation is: | | | | | |
| | a) Teachers | b) Family | c) Self | d) Siblings | c | Self |
| 93 | Physical and verbal behaviour intended to hurt someone is called: | | | | | |
| | a) Attack | b) Perception | c) Aggression | d) narcissism | c | Aggression |
| 94 | According to Piaget, the basic unit with which the cognitive structure is | | | | | |

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| | built up is: | | | | | |
| | a) schema | b) accommodation | c) equilibrium | d) assimilated | a | Schema |
| 95 | Who discovered the chemical basis of neurotransmission? | | | | | |
| | a) Bandura | b) Charles Sherrington | c) Luigi Galvani | d) Otto Loewi | d | Otto Loewi |
| 96 | As per Piaget, childrens' _____ development is progressing through four stages: | | | | | |
| | a) Physical | b) Emotional | c) Cognitive | d) Functional | c | Cognitive |
| 97 | What is the specialization of function in each hemisphere, mainly regarding differences in language ability? | | | | | |
| | a) Corpus Callosum | b) Lateralization | c) Somatic Nervous system | d) Central Nervous system | b | Lateralization |
| 98 | Illness that seem to result from an interaction of physical and psychological factors are called: | | | | | |
| | a) Somatic | b) Hysterical | c) psychosomatic | d) conversion disorder | c | Psychosomatic |
| 99 | The term 'soma' is related to: | | | | | |
| | a) synapse | b) neuron | c) axon | d) cell body | d | Cell body |
| 100 | People who consistently comes up withexplanation of events are more prone to depression. | | | | | |
| | a) Dysthemic | b) Delusional | c) pessimistic | d) overly optimistic | c | Pessimistic |