

This booklet consists of 100 questions and 12 printed pages.

RGUCET/2023/PG/35

Series

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RGUCET 2023  
**MASTER OF SCIENCE IN SPORTSPSYCHOLOGY**

**Full Marks: 100**

**Time: 2 Hours**

Roll No.

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Day and Date of Examination :

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Signature of Invigilator(s) :

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Signature of Candidate :

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*General Instructions:*

***PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE MAKING ANY ENTRY.***

1. DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE TOLD TO DO SO.
2. Candidate must write his/her Roll Number on the space provided.
3. This Test Booklet contains 100 Multiple Choice Questions (MCQs). Each question carries 1 mark. There shall be negative marking of 0.25 against each wrong attempt.
4. Please check the Test Booklet to verify that the total pages and total number of questions contained in the test booklet are the same as those printed on the top of the first page. Also check whether the questions are in sequential order or not.
5. Candidates are not permitted to enter into the examination hall 15 minutes after the commencement of the entrance test or leave the examination hall before 30 minutes of end of examination.
6. Making any identification mark in the OMR Answer Sheet or writing Roll Number anywhere other than the specified places will lead to disqualification of the candidate.
7. Candidates shall maintain silence inside and outside the examination hall. If candidate(s) is/are found violating the instructions mentioned herein or announced in the examination hall, they will be summarily disqualified from the entrance test.
8. In case of any dispute, the decision of the Entrance Test Committee, RGU shall be final and binding.
9. The OMR Answer Sheet consists of two copies, the Original copy and the Student's copy.

1	Which of the following is an example of a gerund?				A	running
	a) running	b) run	c) runner	d) runs		
2	Which of the following is a complex sentence?				B	Although it was raining, I decided to go for a walk.
	a) I went to the store and bought some milk.	b) Although it was raining, I decided to go	c) She likes to swim and play tennis.	d) He ran fast to catch the bus.		
3	Choose the correct word to complete the sentence:				B	Peanuts
	a) peanut	b) peanuts	c) peanut's	d) peanuts'		
4	Choose the word that best completes the analogy: Car is to garage as book is to				A	Shelf
	a) shelf	b) pages	c) words	d) cover		
5	Choose the sentence that contains a participle phrase:				B	The crying boy, hugged his mother.
	a) He opened the door and walked inside.	b) The boy, crying softly, hugged his mother.	c) I bought a new car last week.	d) She sings in the choir on Sundays.		
6	Which of the following sentences is written in the subjunctive mood?				A	If I were you, I would take the job.
	a) If I were you, I would take the job.	b) She wishes she could travel the world.	c) They plan to study abroad next semester.	d) He is certain that he will win the		

				race.		
7	Choose the word that is most nearly opposite in meaning to "exacerbate":				A	alleviate
	a) alleviate	b) accumulate	c) exacerbate	d) agitate		
8	Choose the word that does not belong in the following group: dog, cat, horse,				D	airplane
	a) dog	b) cat	c) horse	d) airplane		
9	What is the missing word in the following analogy? Lion is to pride as fish is to				B	School
	a) pod	b) school	c) flock	d) herd		
10	Choose the word that best completes the analogy: Pen is to write as knife is to				A	Cut
	a) cut	b) chop	c) slice	d) carve		
11	Choose the word that is most similar in meaning to "verbose":				B	loquacious
	a) concise	b) loquacious	c) succinct	d) taciturn		
12	Choose the word that does not belong in the following group: apple, banana,				D	Carrot
	a) apple	b) banana	c) orange	d) carrot		
13	What is the name of the process by which plants convert light into energy?				A	photosynthesis
	a) photosynthesis	b) respiration	c) fermentation	d) digestion		
14	Who discovered the theory of relativity?				B	Albert Einstein
	a) Isaac Newton	b) Albert Einstein	c) Galileo Galilei	d) Johannes		
15	Which river is the longest in the world?				A	Nile

	a) Nile	b) Amazon	c) Mississippi	d) Yangtze		
16	Who was the first female prime minister of a country?				A	Golda Meir
	a) Golda Meir	b) Margaret Thatcher	c) Benazir Bhutto	d) Indira Gandhi		
17	In which sport is the term "love" used to indicate a score of zero?				A	Tennis
	a) tennis	b) basketball	c) football (soccer)	d) golf		
18	Who won his 20th Grand Slam title at the Australian Open in 2022?				C	Novak Djokovic
	a) Rafael Nadal	b) Roger Federer	c) Novak Djokovic	d) Andy Murray		
19	In which country were the Winter Olympics held in 2022?				C	China
	a) Japan	b) South Korea	c) China	d) Canada		
20	What was the main cause of the uprising in Iran in 2022?				C	A ban on the hijab
	a) A ban on political parties	b) A ban on women driving	c) A ban on the hijab	d) A ban on alcohol		
21	Who became the UK's first Indian-origin Prime Minister in 2022?				D	Rishi Sunak
	a) Theresa May	b) David Cameron	c) Boris Johnson	d) Rishi Sunak		
22	Who took over Twitter in 2022?				C	Elon Musk
	a) Mark Zuckerberg	b) Jeff Bezos	c) Elon Musk	d) Bill Gates		
23	What was the focus of COP27 in 2022?				B	Climate change
	a) World economy	b) Climate change	c) Global poverty	d) Health crisis		
24	What is the value of x in the equation $3x + 2 = 11$ ?				C	5
	a) 3	b) 4	c) 5	d) 6		
25	What is the area of a rectangle with length 8 cm and width				D	$32 \text{ cm}^2$

	4 cm?					
	a) 12 cm <sup>2</sup>	b) 16 cm <sup>2</sup>	c) 24 cm <sup>2</sup>	d) 32 cm <sup>2</sup>		

### DOMAIN

26	Which of the following is not one of the four key components of mental toughness?				D	Cohesion
	a) Confidence	b) Control	c) Challenge	d) Cohesion		
27	What is the term used to describe the ability to regulate and control one's emotions in order to perform at an optimal level?				C	Emotional regulation
	a) Emotional intelligence	b) Emotional control	c) Emotional regulation	d) Emotional stability		
28	What is the term used to describe an athlete's ability to maintain focus and concentration in the face of distractions?				C	Self-talk
	a) Self-image	b) Self-concept	c) Self-talk	d) Self-perception		
29	What is the term used to describe an athlete's ability to adapt to and overcome obstacles and challenges?				A	Resilience
	a) Resilience	b) Grit	c) Determination	d) Motivation		
30	What is the term used to describe an athlete's ability to work effectively with others towards a common goal?				A	Teamwork
	a) Teamwork	b) Cooperation	c) Collaboration	d) Communication		
31	What is the term used to describe an athlete's internal drive to achieve					

	their goals and be successful?					
	a) Motivation	b) Ambition	c) Desire	d) Passion	A	Motivation
32	Which of the following is not a common relaxation technique used sport psychology?				D	Vigorous exercise
	a) Progressive muscle relaxation	b) Autogenic training	c) Mindfulness meditation	d) Vigorous exercise		
33	What is the term used to describe the process of gradually exposing athlete to a feared situation in order to reduce anxiety?				A	Systematic desensitization
	a) Systematic desensitization	b) Exposure therapy	c) Behavioral therapy	d) Cognitive restructuring		
34	What is the term used to describe an athlete's ability to maintain a positive attitude and outlook in the face of adversity?				A	Optimism
	a) Optimism	b) Positivity	c) Resilience	d) Gratitude		
35	What is the term used to describe the process of reflecting on evaluating one's performance in order to identify areas for improvement?				C	Self-assessment
	a) Self-reflection	b) Self-evaluation	c) Self-assessment	d) Self-critique		
36	What is the term used to describe the process of gradually increasing the difficulty or intensity of a task or skill in order to improve performance?				A	Progressive overload
	a) Progressive overload	b) Gradual adaptation	c) Incremental improvement	d) Steady progress		
37	What is the term used to describe an athlete's belief in their ability to maintain focus and perform effectively under pressure?				A	Mental toughness
	a) Mental toughness	b) Psychological resilience	c) Cognitive control	d) Emotional stability		
38	Which of the following is not a common technique used in psychology to improve an athlete's focus and concentration?				D	Multitasking
	a) Mindfulness	b) Goal-setting	c) Imagery	d) Multitasking		

	meditation					
39	What is the term used to describe the process of mentally rehearsing a specific skill or task in order to improve performance?				B	Mental rehearsal
	a) Mental practice	b) Mental rehearsal	c) Mental visualization	d) Mental preparation		
40	What is the term used to describe the ability to effectively manage and cope with stress?				B	Stress resilience
	a) Stress management	b) Stress resilience	c) Stress coping	d) Stress regulation		
41	What is the term used to describe an athlete's ability to maintain a state of relaxation and calmness during performance?				A	Relaxation response
	a) Relaxation response	b) Relaxation ability	c) Relaxation skill	d) Relaxation technique		
42	Which of the following is not a common technique used in psychology to improve an athlete's self-talk?				B	Negative self-talk
	a) Positive affirmations	b) Negative self-talk	c) Thought stopping	d) Rational thinking		
43	What is the term used to describe the process of mentally rehearsing potential scenarios or situations in order to prepare for them?				A	Mental imagery
	a) Mental imagery	b) Mental preparation	c) Mental simulation	d) Mental planning		
44	Which of the following is not a common technique used in psychology to improve an athlete's motivation?				D	Negative reinforcement
	a) Goal-setting	b) Positive self-talk	c) Intrinsic motivation	d) Negative reinforcement		
45	What is the term used to describe an athlete's belief in their ability to perform a specific task or skill?				A	Self-efficacy
	a) Self-efficacy	b) Self-esteem	c) Self-	d) Self-worth		

			confidence			
46	Which of the following is not a common technique used in psychology to improve an athlete's communication skills?				D	Distraction
	a) Active listening	b) Nonverbal communication	c) Conflict resolution	d) Distraction		
47	What is the term used to describe the process of focusing one's attention on the present moment and accepting it without judgment?				A	Mindfulness
	a) Mindfulness	b) Meditation	c) Self-reflection	d) Visualization		
48	Which of the following is not a common technique used in sport psychology to improve an athlete's team dynamics?				D	Isolation training
	a) Goal-setting	b) Communication training	c) Conflict resolution	d) Isolation training		
49	What is the term used to describe the process of identifying and utilizing an athlete's individual strengths in order to improve performance?				A	Strength-based approach
	a) Strength-based approach	b) Talent identification	c) Skill assessment	d) Performance profiling		
50	Which of the following is not a common technique used in psychology to improve an athlete's problem-solving skills?				D	Avoidance coping
	a) Brainstorming	b) Goal-setting	c) Decision-making training	d) Avoidance coping		
51	What is the term used to describe an athlete's ability to adapt and adjust to changing situations and demands?				B	Adaptability
	a) Flexibility	b) Adaptability	c) Resilience	d) Versatility		
52	Which of the following is not a common technique used in sport psychology to improve an athlete's leadership skills?					



	a) Communication training	b) Goal-setting	c) Conflict resolution	d) Role-playing		
53	Which of the following is not a common technique used in psychology to improve an athlete's mental toughness?				D	Negative reinforcement
	a) Positive self-talk	b) Imagery	c) Goal-setting	d) Negative reinforcement		
54	What is the scientific study of behavior and mental processes?				C	Psychology
	a) Sociology	b) Anthropology	c) Psychology	d) Philosophy		
55	Which of the following statements is true about the nature vs. debate?				C	Both nature and nurture play a role in determining behavior
	a) Nature is more important than nurture in determining behavior	b) Nurture is more important than nature in determining behavior	c) Both nature and nurture play a role in determining behavior	d) Neither nature nor nurture play a role in determining behavior		
56	What is the study of how people think about, influence, and relate to one another?				A	Social Psychology
	a) Social Psychology	b) Developmental Psychology	c) Cognitive Psychology	d) Abnormal Psychology		
57	What is the study of how people learn and remember information?				C	Cognitive Psychology
	a) Social Psychology	b) Developmental Psychology	c) Cognitive Psychology	d) Abnormal Psychology		
58	Which part of the brain is responsible for emotions and motivation?				C	Amygdala
	a) Cerebellum	b) Hippocampus	c) Amygdala	d) Thalamus		
59	Which part of the brain is responsible for memory?				B	Hippocampus
	a) Cerebellum	b) Hippocampus	c) Amygdala	d) Thalamus		

60	Which neurotransmitter is associated with pleasure and reward?				B	Dopamine
	a) Serotonin	b) Dopamine	c) Acetylcholine	d) Norepinephrine		
61	Which neurotransmitter is associated with mood and sleep?				A	Serotonin
	a) Serotonin	b) Dopamine	c) Acetylcholine	d) Norepinephrine		
62	Which neurotransmitter is associated with muscle movement and memory?				C	Acetylcholine
	a) Serotonin	b) Dopamine	c) Acetylcholine	d) Norepinephrine		
63	What is the stage of sleep during which dreaming occurs?				D	REM
	a) Stage 1	b) Stage 2	c) Stage 3	d) REM		
64	What is the psychological term for the ability to perceive, understand, and express emotions?				A	Emotional Intelligence
	a) Emotional Intelligence	b) Cognitive Intelligence	c) Social Intelligence	d) Emotional Quotient		
65	What is the term used to describe the idea that two equal quantities remain equal even if the appearance of one is changed?				B	Conservation
	a) Object permanence	b) Conservation	c) Egocentrism	d) Animism		
66	According to Erikson's theory of psychosocial development, what is the main developmental task during adolescence?				D	Identity vs. role confusion
	a) Trust vs. mistrust	b) Autonomy vs. shame and doubt	c) Initiative vs. guilt	d) Identity vs. role confusion		
67	According to Maslow's hierarchy of needs, what is the most basic need?				D	Physiological
	a) Self-	b) Esteem	c) Love and	d) Physiological		

	actualization		belonging			
68	According to Freud's psychosexual stages of development, at what age does the phallic stage occur?				B	2 to 7 years
	a) Birth to 2 years	b) 2 to 7 years	c) 7 to 11 years	d) Puberty to adulthood		
69	What is the term used to describe the psychological experience of being male or female?				A	Gender identity
	a) Gender identity	b) Gender role	c) Sexual orientation	d) Gender expression		
70	What is the term used to describe the set of behaviors that are considered appropriate for males or females in a given culture?				B	Gender role
	a) Gender identity	b) Gender role	c) Sexual orientation	d) Gender expression		
71	What is the term used to describe a person's romantic and/or sexual attraction to another person?				C	Sexual orientation
	a) Gender identity	b) Gender role	c) Sexual orientation	d) Gender expression		
72	What is the term used to describe a disorder characterized by persistent worry or anxiety about everyday things, often accompanied by physical symptoms such as muscle tension and fatigue?				A	Generalized anxiety disorder
	a) Generalized anxiety disorder	b) Obsessive-compulsive disorder	c) Panic disorder	d) Post-traumatic stress disorder		
73	What is the term used to describe a disorder characterized by symptoms such as delusions, hallucinations, and disordered thinking?				B	Schizophrenia
	a) Bipolar disorder	b) Schizophrenia	c) Major depressive disorder	d) Borderline personality disorder		

74	What is the term used to describe a disorder characterized by extreme mood swings, including periods of mania and depression?				A	Bipolar disorder
	a) Bipolar disorder	b) Schizophrenia	c) Major depressive disorder	d) Borderline personality disorder		
75	What is the term used to describe a disorder characterized by a persistent pattern of unstable relationships, self-image, and emotions, and impulsive behavior?				D	Borderline personality disorder
	a) Bipolar disorder	b) Schizophrenia	c) Major depressive disorder	d) Borderline personality disorder		
76	What is the term used to describe a disorder characterized by excessive worry or concern about one's health?				B	Hypochondriasis
	a) Somatoform disorder	b) Hypochondriasis	c) Conversion disorder	d) Dissociative disorder		
77	What is the term used to describe a disorder characterized by physical symptoms that cannot be explained by a medical condition?				A	Somatoform Disorder
	a) Somatoform disorder	b) Hypochondriasis	c) Conversion disorder	d) Dissociative disorder		
78	What is the term used to describe a heuristic in which people rely on an initial piece of information to make judgments or decisions?				A	Anchoring heuristic
	a) Anchoring heuristic	b) Availability heuristic	c) Representative heuristic	d) Confirmation bias		
79	What is the term used to describe a bias in which people tend to seek out information that confirms their preexisting beliefs or attitudes?				D	Confirmation bias
	a) Anchoring heuristic	b) Availability heuristic	c) Representative heuristic	d) Confirmation bias		
80	What is the term used to describe a bias in which people tend to				C	Gambler's

	overestimate the likelihood of rare events?					fallacy
	a) Hindsight bias	b) Availability heuristic	c) Gambler's fallacy	d) Illusory correlation		
81	What is the term used to describe a bias in which people tend to believe that they would have predicted an event after it has occurred?				A	Hindsight bias
	a) Hindsight bias	b) Availability heuristic	c) Gambler's fallacy	d) Illusory correlation		
82	What is the term used to describe a bias in which people perceive a relationship between two variables when none exists?				D	Illusory correlation
	a) Hindsight bias	b) Availability heuristic	c) Gambler's fallacy	d) Illusory correlation		
83	What is the term used to describe a personality trait characterized by a tendency to experience negative emotions such as anxiety and depression?				D	Neuroticism
	a) Extraversion	b) Openness	c) Agreeableness	d) Neuroticism		
84	Which of the following is a type of muscle tissue?				C	Smooth muscle tissue
	a) Nerve tissue	b) Adipose tissue	c) Smooth muscle tissue	d) Epithelial tissue		
85	Which of the following is an example of a compound exercise?				C	Squats
	a) Bicep curls	b) Leg curls	c) Squats	d) Tricep extensions		
86	Which of the following is a type of stretching exercise?				D	All of the above
	a) Static stretching	b) Dynamic stretching	c) Ballistic stretching	d) All of the above		
87	Which of the following is an example of a high-intensity interval training (HIIT) exercise?				B	Sprinting for 30 seconds followed by 30 seconds of rest
	a) Running at a steady pace for	b) Sprinting for 30 seconds followed	c) Walking on a treadmill for	d) Swimming for 30 minutes		

	30 minutes	by 30 seconds of rest	30 minutes			
88	What is the primary function of the endocrine system?				C	To produce and secrete hormones
	a) To transport nutrients throughout the body	b) To regulate body temperature	c) To produce and secrete hormones	d) To protect the body from infection		
89	Which of the following is an example of a low-impact exercise?				C	Cycling
	a) Running	b) Jumping	c) Cycling	d) Plyometrics		
90	Which part of the brain is responsible for regulating body temperature?				B	Hypothalamus
	a) Cerebellum	b) Hypothalamus	c) Medulla oblongata	d) Thalamus		
91	Which of the following is a type of brain wave associated with deep relaxation and meditation?				D	Theta waves
	a) Alpha waves	b) Beta waves	c) Delta waves	d) Theta waves		
92	What is the primary function of the lymphatic system?				D	To protect the body from infection
	a) To transport nutrients throughout the body	b) To regulate body temperature	c) To produce and secrete hormones	d) To protect the body from infection		
93	Which of the following is a type of anaerobic exercise?				B	Sprinting
	a) Running a marathon	b) Sprinting	c) Swimming	d) Cycling		
94	Which of the following is a type of muscle contraction that involves the muscle lengthening while it contracts?				B	Eccentric contraction
	a) Concentric	b) Eccentric	c) Isometric	d) Isokinetic		

	contraction	contraction	contraction	contraction		
95	Which of the following is an example of a cardiovascular exercise?				B	Running
	a) Weight lifting	b) Running	c) Resistance training	d) Yoga		
96	What is the primary function of the integumentary system?					To protect the body from
	a) To transport nutrients throughout the body	b) To regulate body temperature	c) To protect the body from infection and injury	d) To produce and secrete hormones	C	infection and injury
97	Which of the following is a type of brain wave associated with alertness and concentration?				B	Beta waves
	a) Alpha waves	b) Beta waves	c) Delta waves	d) Theta waves		
98	Which of the following is an example of a closed kinetic chain exercise?				A	Deadlifts
	a) Deadlifts	b) Leg extensions	c) Shoulder presses	d) Tricep kickbacks		
99	Which part of the brain is responsible for regulating sleep?				C	Pineal gland
	a) Cerebellum	b) Hippocampus	c) Pineal gland	d) Thalamus		
100	Which of the following is a type of muscle fiber that is used for explosive activities such as weightlifting or sprinting?				C	Type IIb muscle fibers
	a) Type I muscle fibers	b) Type IIa muscle fibers	c) Type IIb muscle fibers	d) All of the above		

**SPACE FOR ROUGH WORK**