

Test Booklet No. \_\_\_\_\_

This booklet consists of 100 questions and \_\_ printed pages.

RGUCET/2025/14

Series

A

**RGUCET 2025**  
**Common Entrance Test, 2025**  
**MASTER OF ARTS IN SPORTS PSYCHOLOGY**

**Full Marks: 100**

**Time: 2 Hours**

Roll No.

Day and

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Date of Examination:

Signature of Invigilator(s) \_\_\_\_\_

Signature of Candidate \_\_\_\_\_

*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) from the concerned subject. 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 after the commencement of the entrance test or leave the examination hall before completion 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 candidates 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 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 statement(s) is/are True or False?  1. The Universal Declaration of Human Rights was adopted in 1945. 2. The Indus Valley Civilization was a Bronze Age civilization. 3. The Green Revolution in India primarily focused on industrial growth. 4. The "Agnipath Scheme" recruits soldiers for a permanent tenure in the Indian Armed Forces.				Answer										
	a)1-True, 2-False, 3-True, 4-True	b)1-False, 2-True, 3-False, 4-True	c)1-False, 2-True, 3-False, 4-False	d)1-True, 2-False, 3-True, 4-True	(c)										
2	Match the sports events with their 2024 winners: <table><tr><td>Column A</td><td>Column B</td></tr><tr><td>A. ICC T20 World Cup (Men)</td><td>1. Italy</td></tr><tr><td>B. UEFA Euro 2024</td><td>2. Carlos Alcaraz</td></tr><tr><td>C. Wimbledon (Men's Singles)</td><td>3. India</td></tr><tr><td>D. Olympic Paris 2024 (100m Men)</td><td>4. Noah Lyles</td></tr></table>				Column A	Column B	A. ICC T20 World Cup (Men)	1. Italy	B. UEFA Euro 2024	2. Carlos Alcaraz	C. Wimbledon (Men's Singles)	3. India	D. Olympic Paris 2024 (100m Men)	4. Noah Lyles	Answer
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	a) A-3, B-1, C-2, D-4	b) A-1, B-3, C-2, D-4	c) A-4, B-2, C-1, D-3	d) A-2, B-4, C-1, D-3	(a)										
3	Relate the Statements:  Assertion (A): The use of passive voice is discouraged in formal academic writing because it obscures the subject of the action.  Reason (R): Active voice makes sentences clearer and more concise by directly attributing actions to the subject.  Choose the correct answer from the options given below:				Answer										
	a) Both A and R are true and R is the correct explanation of A.	b) Both A and R are true, but R is not the correct explanation of A.	c) A is true, but R is false.	d) A is false, but R is true.	(a)										
4	Relate the Statements:  A- Assertion: If today is Monday, then the day after 62 days will be Wednesday. R- Reasoning: 62 days = 8 weeks and 6 days (8×7 + 6 = 62).				Answer										
	a) Both A and R are true, and R is the correct explanation of A.	b) Both A and R are true, but R is not the correct explanation of A.	c) A is true, but R is false.	d) A is false, but R is true.	(d)										
5	Which of the following statement(s) is/are True or False?  A. India won the 2023 Asia Cup in cricket. B. Neeraj Chopra won gold at World Athletics 2023. C. R Praggnanandhaa became Chess World Champion in 2023. D. PV Sindhu won a Grand Slam badminton title in 2024.				Answer										
	a) A and C True only	b) All True	c) A-False, B-False, C-True, D-True	d) A and B True; C and D False	(d)										

6	Match the mathematical terms with their definitions:				Answer
	Column A		Column B		
	A. Prime Number B. Rational Number C. Integer D. Irrational Number		1. Number divisible only by 1 and itself 2. Number that can be expressed as p/q 3. Whole numbers and their negatives 4. Number that cannot be expressed as a fraction		
	a) A-1, B-2, C-3, D-4	b) A-3, B-4, C-1, D-2	c) A-1, B-3, C-2, D-4	d) A-2, B-3, C-4, D-1	(a)
7	Relate the Statements:				Answer
	Assertion (A): The sum of the angles in a triangle is always 180 degrees. Reason (R): This is true only in Euclidean geometry and not in non-Euclidean geometries. Choose the correct answer from the options given below:				
	a) Both A and R are true, and R is the correct explanation of A.	b) Both A and R are true, but R is not the correct explanation of A.	c) A is true, but R is false.	d) A is false, but R is true.	(b)
8	Match the terms with their definitions:				Answer
	Column A		Column B		
	A. Altruistic B. Benevolent C. Malevolent D. Frugal E. Lavish		1. Selfish 2. Wastefully extravagant 3. Economical 4. Generous and kind 5. Wishing harm to others		
	a) A-5, B-1, C-4, D-2, E-3	b) A-1, B-4, C-5, D-3, E-2	c) A-2, B-5, C-3, D-4, E-1	d) A-2, B-3, C-4, D-1, E-5	(b)
9	Which of the following statement(s) is/are True or False?				Answer
	1. The word “inevitable” means avoidable 2. “Irony” is when the opposite of what is expected happens. 3. “It’s” is a possessive form of “it.” 4. “Lie” and “lay” cannot be used interchangeably.				
	a)1-False, 2-True, 3-True, 4-True	b)1-False, 2-True, 3-False, 4-True	c)1-False, 2-False, 3-True, 4-True	d)All True	(b)
10	Which of the following statement(s) is/are True or False?				Answer
	1. If all cats are dogs and some dogs are birds, then some cats are birds. 2. The converse of a true statement is always true. 3. If a statement is a tautology, its negation must be a contradiction. 4. The statement "If it rains, the ground will be wet" is logically equivalent to "If the ground is not wet, it did not rain."				
	a)1-True, 2-False, 3-True, 4-True	b)1-False, 2-True, 3-False, 4-True	c)1-False, 2-False, 3-True, 4-True	d)1-True, 2-False, 3-True, 4-True	(d)

11	Match the following:				Answer
	Column A		Column B		
	A. Gaganyaan Mission B. Bharat 6G Vision Document. C. COP29 D. Chandrayaan-3		1. Successful soft landing on Moon's south pole 2. India's first human spaceflight program 3. Roadmap for India's 6G rollout by 2030 4. 2024 UN Climate Change Conference in Azerbaijan.		
	a) A-2, B-3, C-4, D-1	b) A-2, B-3, C-4, D-1	c) A-1, B-4, C-2, D-3	d) A-1, B-4, C-2, D-3	(b)
12	Assertion and Reasoning:  A: "The use of metaphors enhances poetic expression."  R: Metaphors create implicit comparisons to evoke imagery.  Choose the correct answer from the options given below:				Answer
	a) Both A and R are true and R is the correct explanation.	b) Both A and R are true but R is not the correct explanation.	c) A is true but R is false.	d) A is false but R is true.	(a)
13	Assertion and Reasoning:  A: The Indus Valley Civilization was primarily located in present-day Pakistan and northwestern India.  R: Major sites like Mohenjo-Daro and Harappa are situated along the Narmada River.  Choose the correct answer from the options given below:				Answer
	a) Both A and R are true, and R is the correct explanation of A.	b) Both A and R are true, but R is not the correct explanation of A.	c) A is true, but R is false.	d) A is false, but R is true.	(c)
14	Match the sentences with their correct types:				Answer
	Column A		Column B		
	A. What is your name? B. If you study, you will pass. C. The sun is shining. D. How beautiful! E. Don't shout.		1. Imperative 2. Interrogative 3. Declarative 4. Exclamatory 5. Conditional		
	a) A-5, B-1, C-4, D-2, E-3	b) A-1, B-4, C-5, D-3, E-2	c) A-2, B-5, C-3, D-4, E-1	d) A-2, B-3, C-4, D-1, E-5	(c)
15	Relate the Statements:  A-Assertion: India's GDP growth rate in 2024 surpassed that of China.  R-Reason: India implemented significant economic reforms leading to increased investments.				Answer
	a) Both A and R	b) Both A and R	c) A is true but R	d) A is false but	(a)

	are true and R is the correct explanation.	are true but R is not the correct explanation.	is false.	R is true.	
16	Relate the Statements:  A-Assertion: The Himalayas are the Oldest fold mountains in the world. R-Reason: They were formed due to the collision of the Indian and Eurasian tectonic plates.				Answer
	a) Both A and R are true, and R is the correct explanation of A.	b) Both A and R are true, but R is not the correct explanation of A.	c) A is true, but R is false.	d) A is false, but R is true.	(d)
17	Match the recent global summits with their hosting countries (2024–25):				Answer
	Column A		Column B		
	A. G20 Summit 2024 B. COP29 C. BRICS Summit 2024 D. World Economic Forum 2025		1. Azerbaijan 2. Brazil 3. Switzerland 4. Italy		
	a) A-4, B-1, C-2, D-3	b) A-1, B-3, C-4, D-2	c) A-3, B-4, C-1, D-2	d) A-2, B-3, C-4, D-1	(a)
18	Which of the following statement(s) is/are True or False?  1. “Whom” is used as a subject in a sentence. 2. “Affect” is usually a verb. 3. “Imply” and “infer” mean the same thing. 4. “E.g.” means “for example.”				Answer
	a) 1-True, 2-False, 3-True, 4-True	b) 1-False, 2-True, 3-False, 4-True	c) 1-True, 2-True, 3-False, 4-False	d) 1-True, 2-False, 3-True, 4-True	(b)
19	Relate the Statements: Assertion (A): "The empty set is a subset of every set." Reason (R): "By definition, a set A is a subset of set B if all elements of A are in B."				Answer
	a) Both A and R are true and R is the correct explanation.	b) Both A and R are true but R is not the correct explanation.	c) A is true, but R is false.	d) A is false, but R is true.	(a)
20	Match the following:				Answer
	Column A		Column B		
	A. Area of circle B. Perimeter of square C. Area of triangle D. Volume of cube		1. $\frac{1}{2} \times b \times h$ 2. $a^3$ 3. $\pi r^2$ 4. $4a$		
	a)A-1, B-2, C-3, D-4	b)A-3, B-4, C-1, D-2	c)A-1, B-3, C-2, D-4	d)A-2, B-3, C-4, D-1	(b)
21	In 1590, the word psychology is used by:				Answer
	a) Muller	b) Goeckel	c)Helmhotz	d)Willam	(b) Goeckel

22	A: Physical performance or performance in sports is no longer depend on physiological well-being of the athlete.  B: There are numerous psychological factors which affect and improve the physical performance.  In the light of above statements, choose the correct answer from the options given below:				Answer										
	a) Both A and B are true, and B is the correct explanation of A.	b) Both A and B are true, but B is not the correct explanation of A.	c) A is true, but B is false.	d) A is false, but B is true.	(a) Both A and B are true, and B is the correct explanation of A.										
23	<div>Match list -I with list -II</div> <table><thead><tr><th>List-I</th><th>List-II</th></tr></thead><tbody><tr><td>A. Personality</td><td>i. Part of human behaviour and is necessary for and individual to live and struggle for higher individuals.</td></tr><tr><td>B. Intelligence</td><td>ii. About thoughts, feelings and often through to predict behaviour.</td></tr><tr><td>C. Attitude</td><td>iii. Aggregate mental capacity or energy of an individual to act purposefully, to think rationally, and to deal effectively with one's environment.</td></tr><tr><td>D. Aggression</td><td>iv. A marvelously intricate structure, delicately woven of motives, emotions, habits and thought, into a pattern that balances the pulls push outside world.</td></tr></tbody></table>				List-I	List-II	A. Personality	i. Part of human behaviour and is necessary for and individual to live and struggle for higher individuals.	B. Intelligence	ii. About thoughts, feelings and often through to predict behaviour.	C. Attitude	iii. Aggregate mental capacity or energy of an individual to act purposefully, to think rationally, and to deal effectively with one's environment.	D. Aggression	iv. A marvelously intricate structure, delicately woven of motives, emotions, habits and thought, into a pattern that balances the pulls push outside world.	Answer
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24	The three laws of learning i.e. Law of readiness, Law of exercise and Law of effect, were propounded by:				Answer										
	a) Skinner	b) Kohler	c) Watson & Pavlov	d) E. L. Thorndike	(d) E. L. Thorndike										
25	Which of the following statements are true about principles of motor skill learning? A. Knowledge of nervous system. B. Information regarding objectives C. Individual differences D. Mechanical knowledge of skills				Answer										
	a) A, B, C and D	b) A, B and C only	c) A and B only	d) B and D only	(a) A, B, C and D										
26	A: For most of the sports activities, in the early stage of learning the progress is quite rapid.  B: The general trend of rapid beginning continues for some time, after which it slows down and reaches a level where no further improvement				Answer										

	occurs and learning curve travels in almost a horizontal plane.														
	In the light of above statements, choose the correct answer from the options given below:														
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28	Which of the following are true about the methods of motivation? A. Innovative curriculum B. Theory of conscious ideals C. Theory of formal mental discipline D. Teacher as motivator				Answer										
	a) A, B & C only.	b) B, C, & D only	c) A & D only	d) B & D only	(c) A & D only										
29	“Memory consists in remembering what has previously been learned.” This definition is given by:				Answer										
	a) Woodworth & Marquis	b) Stout	c) Ryburn	d) Cratty, B. J.	(a) Woodworth & Marquis										
30	_____ is measured along a scale in which each position is equidistant from one another. This allows for the distance between two pairs to be equivalent in some way.				Answer										
	a) Ratio data	b) Interval data	c) Nominal data	d) Ordinal data	(b) Interval data										
31	Given below are some statements of memory. Which of the following statements are true? A. Immediate memory is that memory which helps an individual to recall B. Short term memory is connected with episodes and events, which may consist of personal events and experience associate with one's life. C. Long term memory has quite a durable or endless retention of the				Answer										

	sensory impressions. D. Semantic memory helps in storing as well as retrieving of collection of relationship between events or association of ideas.														
	a) A, B, & C only	b) A, C, & D only	c) A & C only	d) B & D only	(b) A, C, & D only										
32	A: In immediate memory the retention time is less than one second. In special circumstances, it can go up to two seconds for the visual stimuli and four to five seconds for the auditory stimulus. B: The period of retention here can be extended to quite longer duration as the results of the proper efforts and rehearsal by the learner.  In the light of above statements, choose the correct answer from the options given below:				Answer										
	a) Both A and B are true, and B is the correct explanation of A.	b) Both A and B are true, but B is not the correct explanation of A.	c) A is true, but B is false.	d) A is false, but B is true.	(b) Both A and B are true, but B is not the correct explanation of A.										
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	a) A-i, B-iii, C-iv, D-ii.	b)A-ii, B-iii, C-iv, D-i	c)A-iv, B-iii, C-i, D-ii.	d)A-iii, B-ii, C-iv, D-i	(a) A-i, B-iii, C-iv, D-ii.										
34	The ability to manage and regulate one's emotions during competition is known as:				Answer										
	a) Emotional Intelligence	b) Emotional Reactivity	c) Emotional Instability	d) Emotional Self-Regulation	(d) Emotional Self-Regulation										
35	Given below are some statements of graphical presentation of data. Which of the following statements are true? A. Bar diagram is a graph in which rectangular bars are created with length equal to their values that they present. B. Histogram is used for showing the data, organized in class interval from where the class interval is continuous. C. Frequency polygon is a combination of two curves. D. Frequency curve is a pictorial representation used to show the smooth trend of data arranged in different class intervals or groups.				Answer										



	a) Only A & B are true	b) Only A, B & C are true	c) B, C, & D are true	d) Only A, B & D true	(d) Only A, B & D true								
36	Which psychologist proposed the theory of multiple intelligences, including bodily-kinesthetic intelligence?				Answer								
	a) Sigmund Freud	b) B.F. Skinner	c) Howard Gardner	d) Jean Piaget	(c) Howard Gardner								
37	Match list -I with list -II <div><div>List-I</div><div>List-II</div><table><tr><td>A. "Visual-spatial intelligence" play in sports.</td><td>i. Essential for maintaining motivation, focus, and handling pressure in competitive sports.</td></tr><tr><td>B. Mental toughness</td><td>ii. Intelligence most directly associated with success in sports.</td></tr><tr><td>C. Bodily-Kinesthetic Intelligence</td><td>iii. athlete's ability to stay focused under pressure</td></tr><tr><td>D. Emotional intelligence</td><td>iv. Judging distances and reacting to moving objects</td></tr></table></div>				A. "Visual-spatial intelligence" play in sports.	i. Essential for maintaining motivation, focus, and handling pressure in competitive sports.	B. Mental toughness	ii. Intelligence most directly associated with success in sports.	C. Bodily-Kinesthetic Intelligence	iii. athlete's ability to stay focused under pressure	D. Emotional intelligence	iv. Judging distances and reacting to moving objects	Answer
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	a) A-iv, B-iii, C-ii & D-i.	b) A-ii, B-iii, C-iv, D-i	c) A-iv, B-iii, C-i, D-ii.	d) A-iii, B-ii, C-iv, D-i	(a) A-iv, B-iii, C-ii & D-i.								
38	_____ is an error due to sampling. It can be define as the difference between the sample and population characteristics solely due to the particular units that happen to have been selected in the sample.				Answer								
	a) Sample	b) Population	c) Sampling error	d) Sampling	(c) Sampling error								
39	Which of the following is NOT one of the Big Five personality traits?				Answer								
	a) Conscien tiousness	b) Neuroticism	c) Competitiveness	d) Openness	(c) Competitiveness								
40	Which of the following is /are not Sheldon's types of personality? A. Endomorphic B. Hypermorphic C. Mesomorphic D. Ectomorphic				Answer								
	a) Only A & D	b) Only B & C	c) Only B	d) Only C	(c) only B								
41	A: The Stanford-Binet test measures intelligence. B: It was originally developed to identify children needing special education.  In the light of above statements, choose the correct answer from the options given below:				Answer								
	a) Both A and B are true, and B is the correct explanation of A.	b) Both A and B are true, but B is not the correct explanation of A.	c) A is true, but B is false.	d) A is false, but B is true.	(a) Both A and B are true, and B is the correct explanation of A.								

42	Match list -I with list -II				Answer
	List-I		List-II		
	A. To evaluate mental skills relevant to performance.		i. Describes a test that produces consistent results over time.		
	B. Reliability		ii. Primary purpose of psychological testing in sports		
	C. Cognitive and somatic anxiety and self-confidence		iii. Sport Motivation Scale (SMS)		
	D. Types of motivation (intrinsic, extrinsic, a motivation)		iv. The Competitive State Anxiety Inventory-2 (CSAI-2)		
	a) A-iv, B-iii, C-ii & D-i.	b) A-ii, B-iii, C-iv, D-i	c) A-ii, B-i, C-iv, D-iii	d)) A-iii, B-ii, C-iv, D-i	(c) A-ii, B-i, C-iv, D-iii
43	_____ can be defined as rejecting the null hypothesis, when it is true. The probability of type I error is known as level of significance.				
	a) Type I error	b) Type II error	c) Null hypothesis	d) Alternative hypothesis	(a) Type I error
44	Which of the given statements are false: A. Psychology is only concerned with abnormal behavior. B. Piaget studied moral development. C. The frontal lobe is responsible for decision making. D. Gardner's theory of multiple intelligence proposes seven distinct types of intelligence				Answer
	a) A & B only	b) C & D only	c) A & C only	d) B & D only	(a) A & B only
45	Which theory does emphasize unconscious processes?				Answer
	a) Cognitive	b) Behavioral	c) Psychoanalytic	d) Humanistic	(c) Psychoanalytic
46	Match list -I with list -II				Answer
	List-I		List-II		
	A. Psychology		i. Internal subjective experiences		
	B. Cognition		ii. Mental activities like thinking, remembering, and problem-solving.		
	C. Behavior		iii. Scientific study of behavior and mental processes		
	D. Mental Processes		iv. Observable actions of a person or animal.		
	a) A-ii, B-i, C-iv, D-iii	b) A-iii, B-i, C-ii, D-i	c) A-i, B-iii, C-4, D-ii	d) A-i, B-iii, C-iv, D-ii	c) A-i, B-iii, C-4, D-ii
47	Which of the following is NOT a goal of psychology?				Answer
	a) Description	b) Explanation	c) Prediction	d) Prescription	(d) Prescription
48	Which of the following statements are false? A. Psychology is only concerned with abnormal behavior. B. Piaget studied moral development. C. Maslow's hierarchy places self-actualization at the base. D. Bandura's Social Learning theory emphasizes imitation and observation				Answer

	a) A, B, C only	b) B, C, D only	c) A, B, D only	d) D only	(a) A, B, C only										
49	A: Classical conditioning involves learning through consequences.  B: It associates voluntary behavior with reward or punishment.  In the light of above statements, choose the correct answer from the options given below:				Answer										
	a) A is true and B is false	b) A is false and B is true	c) Both A and B are false	d) Both A and B are true but B is the correct explanation of A	(c) Both A and B are false										
50	A: Long-term memory has unlimited storage capacity.  B: It relies on semantic and episodic encoding.  In the light of above statements, choose the correct answer from the options given below:				Answer										
	a) Both A and B are true, and B is the correct explanation of A.	b) Both A and B are true, but B is not the correct explanation of A.	c) A is true, but B is false.	d) A is false, but B is true.	(b) Both A and B are true, but B is not the correct explanation of A.										
51	Match list -I with list -II <table><thead><tr><th>List-I</th><th>List-II</th></tr></thead><tbody><tr><td>A. Classical Conditioning</td><td>i. Skinner's reinforcement theory</td></tr><tr><td>B. Operant Conditioning</td><td>ii. Stores information permanently.</td></tr><tr><td>C. Short-term memory</td><td>iii. Holds information briefly</td></tr><tr><td>D. Long-term memory</td><td>iv. Pavlov's learning theory</td></tr></tbody></table>				List-I	List-II	A. Classical Conditioning	i. Skinner's reinforcement theory	B. Operant Conditioning	ii. Stores information permanently.	C. Short-term memory	iii. Holds information briefly	D. Long-term memory	iv. Pavlov's learning theory	Answer
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	a) A-i, B-iii, C-iv, D-ii	b) A-iii, B-iv, C-ii, D-i	c) A-iv, B-I, C-iii, D-ii	d) A-iv, B-i, C-iii, D-ii	(d) A-iv, B-i, C-iii, D-ii										
52	The DSM-5 is used to classify:				Answer										
	a) Mental Disorders	b) Learning Styles	c) Personality Traits	d) Intelligence Levels	(a) Mental Disorders										
53	A: Reliability refers to consistency in test results.  B: Validity measures whether a test assesses what it claims to.  In the light of above statements, choose the correct answer from the options given below:				Answer										

	a) Both A and B are true, and B is the correct explanation of A.	b) Both A and B are true, but B is not the correct explanation of A.	c) A is true, but B is false.	d) A is false, but B is true.	(b) Both A and B are true, but B is not the correct explanation of A.
54	The term “menopause” refers to:				Answer
	a) The onset of puberty in females	b) The first menstruation	c) The end of menstruation and fertility	d) The peak of reproductive ability	(c) The end of menstruation and fertility
55	The term “attachment” in developmental psychology refers to:				Answer
	a) A genetic bond between siblings	b) Emotional bonds formed between a child and caregiver	c) Physical dependence of a child on food	d) The act of learning through reinforcement	(b) Emotional bonds formed between a child and caregiver
56	Which type of motivation involves engaging in a behavior for internal satisfaction rather than external rewards?				Answer
	a) Extrinsic motivation	b) Achievement motivation	c) Intrinsic motivation	d) External regulation	(c) Intrinsic motivation
57	According to the Inverted-U Hypothesis, performance is best when arousal is:				Answer
	a) At a very high level	b) At a very low level	c) At an optimal, moderate level	d) Not present at all	(c) At an optimal, moderate level
58	Which of the following statement is/are true ?  A. Sports psychology only focuses on physical training and has no impact on mental performance. B. Goal setting has no measurable impact on an athlete’s performance. C. Visualization techniques are used to enhance concentration and confidence in athletes. D. Mental skills training is only useful for elite-level athletes.				Answer
	a) Only A and D	b) Only C	c) Only A and B	d) Only A	(b)
59	A: Mental imagery can enhance an athlete’s performance.  B: Visualization activates similar neural pathways as actual physical performance.  In the light of above statements, choose the correct answer from the options given below:				Answer

	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(a)
60	Match List -I with Lis- II <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">             List-I              A. Cerebellum              B. Medulla Oblongata              C. Frontal Lobe              D. Occipital Lobe           </div> <div style="border: 1px solid black; padding: 5px;">             list-II              i. Controls vision              ii. Coordinates movement and balance              iii. Controls breathing and heart rate              iv. Helps with decision making and problem solving           </div> </div>				Answer
	a) A-iv,B-iii,C-ii,D-i	b) A-ii,B-iii,C-iv,D-i	c) A-ii,B-i,C-iv,D-iii	d) C-i,A-ii,B-iv,D-iii	(b)
61	Which of the following is an example of a SMART goal for an athlete?				Answer
	a) "I want to be the best player in the world."	b) "I will train more often to win someday."	c) "I will try harder in every practice session."	d) "I will improve my sprint time by 0.5 seconds in the next 4 weeks."	(d)
62	Which of the following statement(s) is/are true? A. Neurotransmitters facilitate communication between neurons B. Neurotransmitters only exist in the spinal cord C. Neurotransmitters are only involved in muscle contraction D. Neurotransmitters are not involved in psychological processes				Answer
	a) Only A	b) Only C	c) Only B	d) All of the above	(a)
63	Which strategy would be most effective for an athlete dealing with pre-competition anxiety?				Answer
	a) Ignoring stress and focusing only on the outcome	b) Using deep breathing and visualization techniques	c) Increasing physical training intensity before the event	d) Comparing themselves with top-performing athletes	(b)
64	Match List -I with Lis- II <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;">             List-I              A. Frontal Lobe              B. Cerebellum           </div> <div style="border: 1px solid black; padding: 5px;">             List-II              i. Controls balance and coordination              ii. Helps in speech and decision making           </div> </div>				Answer

	C. Temporal Lobe		iii. Involved in hearing and memory		
	a) A-ii, B-i, C-iii	b) A-i, B-iii, C-ii	c) A-iii, B-i, C-ii	d) A-ii, B-iii, C-i	(a)
65	Which of the following best reflects the use of open-ended questions in sports counselling?				Answer
	a) “Do you feel nervous before every match?”	b) “Why don’t you follow your training schedule properly?”	c) “Can you describe how you felt during the last competition?”	d) “You’re not working hard enough, are you?”	(c)
66	What is a key characteristic of effective team communication in sports?				Answer
	a) Team members always follow the captain without discussion	b) Conflicts are avoided at all costs to maintain peace	c) Players feel safe to express ideas and concerns openly	d) Only the coach is allowed to speak during training	(c)
67	Which strategy would be most effective for an athlete dealing with pre-competition anxiety?				Answer
	a) Ignoring stress and focusing only on the outcome	b) Using deep breathing and visualization techniques	c) Increasing physical training intensity before the event	d) Comparing themselves with top-performing athletes	(b)
68	Which of the following statement(s) is/are true? Bipolar disorder includes both depressive and manic episodes. A. It involves extreme mood swings B. It includes only depression C. It includes only anxiety D. But only in older adults				Answer
	a) Only A	b) Only B and C	c) Only A and B	d) Only D	(c)
69	A: The hypothalamus plays a vital role in regulating emotions.  R: The hypothalamus controls hormone release and links the nervous system to the endocrine system.  In the light of above statements, choose the correct answer from the options given below:				Answer

	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(a)
70	Match List -I with Lis- II List-I A. Cognitive Development B. Physical Development C. Psychosocial Development D. Human Development List-II 1. Emotional and social growth 2. Growth in thinking and reasoning 3. Changes in body size and motor skills 4. Lifelong process involving all aspects				Answer
	a) A-1, B - 2, C - 3, D - 4	b) A - 2, B - 3, C - 1, D - 4	c) A - 3, B - 2, C - 4, D - 1	d) A - 2, B - 3, C - 1, D - 4	(d)
71	Which counselling skill is the most essential when a sports psychologist is helping an athlete express their performance-related anxiety?				Answer
	a) Giving frequent advice to solve the athlete’s problems quickly	b) Actively listening to understand the athlete’s thoughts and emotions without judgment	c) Interrupting the athlete to correct their thinking patterns immediately	d) Encouraging the athlete to ignore their emotions and focus only on performance	(b)
72	Which of the following statement is true?  A. People with mood disorders are always sad or down. B. They may also experience irritability or elevated moods C. They never feel sad D. Especially during manic episodes				Answer
	a) Only A is true	b) Only B is true	c) Only C is true	d) Only D is true	(b)
73	Which of the following best describes the main focus of clinical psychology?				Answer
	a) Studying how people behave in groups	b) Treating mental, emotional, and behavioral disorders	c) Analyzing workplace behavior and improving productivity	d) Researching how people learn and retain information	(b)
74	Which therapy focuses on changing negative thought patterns and behaviors?				Answer
	a) Psychodynamic Therapy	b) Cognitive Behavioral	c) Humanistic Therapy	d) Exposure Therapy	(b)

		Therapy (CBT)											
75	Which psychological test is commonly used to assess personality in clinical settings?				Answer								
	a) WAIS (Wechsler Adult Intelligence Scale)	b) Rorschach Inkblot Test	c) BDI (Beck Depression Inventory)	d) MMPI (Minnesota Multiphasic Personality Inventory)	(d)								
76	Which of the following is a mood disorder often treated in clinical psychology?				Answer								
	a) Schizophrenia	b) Obsessive-Compulsive Disorder	c) Generalized Anxiety Disorder	d) Major Depressive Disorder	(d)								
77	Which of the following statement is true? Depression is only diagnosed when symptoms last for: A. At least two days B. At least two weeks C. One day D. Not relevant				Answer								
	a) Only C	b) Only B	c) Only A	d) Only D	(b)								
78	A: Neurons communicate through electrical impulses only.  R: Synaptic transmission is based entirely on electrical signals across synapses.  In the light of above statements, choose the correct answer from the options given below:				Answer								
	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(d)								
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	a) A-2, B-1, C-3, D-4	b) A-1, B-3, C-2, D-4	c) A-4, B-2, C-1, D-3	d) A-3, B-4, C-2, D-1	(a)								



80	Which of the following improves team cohesion in sports?				Answer								
	a) Encouraging individual competition within the team	b) Avoiding communication to reduce conflict	c) Setting shared team goals and promoting mutual respect	d) Assigning the same role to all members	(c)								
	<div>Match List -I with List- II</div> <div><div>List-I.</div><div>List-II</div><table><tr><td>A. Problem-focused coping</td><td>1. Managing emotions by seeking support or venting</td></tr><tr><td>B. Emotion-focused coping</td><td>2. Taking active steps to solve or change the problem</td></tr><tr><td>C Social support</td><td>3. Avoiding or denying the problem to reduce stress</td></tr><tr><td>D Avoidance coping</td><td>4. Seeking help from friends, family, or others</td></tr></table></div>				A. Problem-focused coping	1. Managing emotions by seeking support or venting	B. Emotion-focused coping	2. Taking active steps to solve or change the problem	C Social support	3. Avoiding or denying the problem to reduce stress	D Avoidance coping	4. Seeking help from friends, family, or others	Answer
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82	What is a key characteristic of an effective goal in sports psychology?												
	a) Vague and general	b) Based on others' expectations	c) Specific and time-bound	d) Focused only on outcome, not process	(c)								
83	<div>Which of the following is an effective technique for managing pre-competition anxiety?</div> <div>A. Ignoring the feeling</div> <div>B. Mental rehearsal and breathing techniques</div> <div>C. Increasing caffeine intake</div> <div>D. Focusing only on opponents' weaknesses</div>				Answer								
	a) Ignoring the feeling	b) Mental rehearsal and breathing techniques	c) Increasing caffeine intake	d) Focusing only on opponents' weaknesses	(b)								
84	<div>A: Damage to the occipital lobe can cause visual disturbances.</div> <div>R: The occipital lobe processes auditory information in the brain.</div> <div>In the light of above statements, choose the correct answer from the options given below:</div>				Answer								
	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(c)								

85	Match the following pairs:				Answer
	A. Increased emotional intensity	1. Ability to understand and manage own and others' emotions effectively			
	B. Identity exploration	2. Experiencing emotions more deeply and strongly than in childhood			
	C. Improved emotional regulation	3. Experimenting with different roles, beliefs, and values			
	D. Heightened self-consciousness	4. Becoming more aware of how one is perceived by others			
	a) A-2, B-3, C-1, D-4	b) A-4, B-1, C-3, D-2	c) A-1, B-2, C-4, D-3	d) A-3, B-4, C-2, D-1	(a)
86	According to the interactionist approach to personality, behavior in sport is determined by:				Answer
	a) Only personality traits	b) Only the situation	c) A combination of personality traits and situational factors	d) Unconscious motives	(c)
87	Which psychological factor is most associated with peak performance in athletes?				Answer
	a) High anxiety	b) Strong self-confidence	c) Constant overthinking	d) Low motivation	(b)
88	Type Questions here for matching pairs:				Answer
	A. increased emotional intensity	1. Ability to understand and manage own and others' emotions effectively			
	B. Identity exploration	2. Experiencing emotions more deeply and strongly than in childhood			
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	a) A-2, B-3, C-1, D-4	b) A-4, B-1, C-3, D-2	c) A-1, B-2, C-4, D-3	d) A-3, B-4, C-2, D-1	(a)
89	Which of the following is NOT considered a positive emotion in sports psychology? a) Joy b) Gratitude				Answer

	c) Anxiety d) Hope												
	a) Only A and B	b) Only C	c) Only B and D	d) Only D	(b)								
90	A: The limbic system is involved in emotional processing.  R: The limbic system includes structures like the amygdala and hippocampus.  In the light of above statements, choose the correct answer from the options given below:				Answer								
	a) Both A and R are true, and R is the correct explanation of A	b) Both A and R are true, but R is not the correct explanation of A	c) A is true, but R is false	d) A is false, but R is true	(a)								
91	Match the following pairs: <table border="1"><tr><td>A. Abstract Thinking</td><td>1. Ability to understand hypothetical situations</td></tr><tr><td>B. Meta cognition</td><td>2. Thinking about one's own thinking processes</td></tr><tr><td>C. Hypothetical-Deductive Reasoning</td><td>3. Formulating general principles from specific examples</td></tr><tr><td>D. Formal Operational Stage</td><td>4. Stage where adolescents develop advanced logical reasoning</td></tr></table>				A. Abstract Thinking	1. Ability to understand hypothetical situations	B. Meta cognition	2. Thinking about one's own thinking processes	C. Hypothetical-Deductive Reasoning	3. Formulating general principles from specific examples	D. Formal Operational Stage	4. Stage where adolescents develop advanced logical reasoning	Answer
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	a) 1 - D, 2 - C, 3 - A, 4 - B	b) 1 - C, 2 - B, 3 - A, 4 - D	c) 1 - C, 2 - B, 3 - A, 4 - D	d) 1 - B, 2 - A, 3 - D, 4 - C	(c)								
92	Which of the following best describes the role of positive emotions in sports performance? a) They distract from goal achievement. b) They hinder focus and discipline. c) They enhance resilience, creativity, and recovery. d) They have no scientific basis.				Answer								
	a) Only A and B	b) Only C	c) Only B and C	d) Only D	(b)								
93	Which of the following statements about eating disorders in athletes is/are TRUE?  A. Eating disorders are rare among athletes and not influenced by sport-specific pressures. B. Only female athletes in aesthetic sports are at risk of developing eating disorders. C. Early detection and psychological support can help in effectively				Answer								

	treating eating disorders in athletes. D. Athletes with eating disorders always show visible signs like extreme weight loss.												
	(a) Only A	(b) Only B and C	(c) Only C and D	(d) Only C	(d)								
94	Which hormone is primarily released in response to stress in athletes?  A. Insulin B. Testosterone C. Cortisol D. Serotonin				Answer								
	a) Only B	b) Only C	c) Only A and C	d) Only B and D	(b)								
95	Match the following pairs: <table border="1"><tr><td>A. Identity vs. Role Confusion</td><td>1. The process by which adolescents evaluate themselves in relation to others.</td></tr><tr><td>B. Peer Influence</td><td>2. A key developmental task described by Erikson involving the exploration of personal values and beliefs.</td></tr><tr><td>C. Social Comparison</td><td>3. The emotional bond with caregivers that influences social and emotional development.</td></tr><tr><td>D. Parental Attachment</td><td>4. The impact of friends and peer groups on behavior and decision-making.</td></tr></table>				A. Identity vs. Role Confusion	1. The process by which adolescents evaluate themselves in relation to others.	B. Peer Influence	2. A key developmental task described by Erikson involving the exploration of personal values and beliefs.	C. Social Comparison	3. The emotional bond with caregivers that influences social and emotional development.	D. Parental Attachment	4. The impact of friends and peer groups on behavior and decision-making.	Answer
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	a) 1-B, 2-D, 3-A, 4-C	b) 1-A, 2-C, 3-B, 4-D	c) 1-D, 2-B, 3-C, 4-A	d) 1-C, 2-A, 3-D, 4-B	(a)								
96	Which quality is most associated with mental toughness in sports? A. Giving up when facing challenges B. Seeking constant approval from coaches C. Staying focused and composed under pressure D. Relying only on physical skills				Answer								
	a) Only D	b) Only C	c) Only B	d) Only A and B	(b)								
97	Which of the following statement(s) is/are true or false ?  i. According to Thurston the primary factor of intelligence is associative memory. ii. Humanistic approach develops students' emotional intelligence. iii. Monarchal theory of intelligence has passive intelligence repository, which is considered universal for all the activities of a person.												

	iv. Howard Gardner believes that each individual possesses different types of intelligence to varying degrees.				
	a) Only ii and iii are true	b) Only i and iv are true	c) Only i is false	d) Only iv is false	c)
98	<p>Which of the following statements is/are True?</p> <p>i) Each edition of the DSM has included fewer pages and diagnoses than the previous edition.</p> <p>ii) Specific diagnostic criteria have been a characteristic of the DSM since its first edition.</p> <p>iii) DSM-II introduced a multi-axial diagnostic system.</p> <p>DSM-5, published in May 2013, is the most recent version of the manual.</p>				
	a) Only i and ii are true	b) Only iii and iv are true	c) Only iii is true	d) Only iv is true	d)
99	<p>A: Assertion: Emotion can be defined as the “feeling” aspect of consciousness, characterized by three elements: a certain physical arousal, a certain behavior that reveals the feeling to the outside world, and an inner awareness of the feeling.</p> <p>B: Justification: The deepest component, it includes your attitudes and values, interests and motives, and beliefs about yourself and your self-worth.</p> <p>In the light of above statements, choose the correct answer from the options given below:</p>				
	a) Both A and B are true but B is the correct explanation of A	b) Both A and B are true but B is not the correct explanation of A	c) Only A is correct.	d) Only B is correct	(b)
100	If a child has mental age 10 years and chronological age of 9 years then what will be the IQ of the child				
	a) 133	b) 95	c) 121	d) 111	(d)