

Section 1 - M A - Sports Psychology

1) In the Maslow's hierarchy of need, the first priority is to satisfy our

- A) Intellectual needs
  - B) Esteem needs
  - C) Physiological needs
  - D) Safety needs
- 

2) Learning is best defined as a process that involves:

- A) An organism interacting with its environment through autoshaping and conditioning
  - B) An organism interacting with its environment, becoming changed by experience, and thereby modifying subsequent behaviors
  - C) An organism responding to its environment based on reinforcement or punishment for behaviors
  - D) Two stimuli being paired that produce a conditioned response over time
- 

3) A group of 25 students play Hockey, Football and Cricket. 5 plays all the three games, 12 plays hockey and football only, 13 plays football and cricket only. How many of them do not play any game?

- A) 11
  - B) 5
  - C) 8
  - D) 7
- 

4) The concept of general intelligence is given by

- A) Weschler
- B) Thurston
- C) Sternberg
- D) Spearman

5) Name the psychologist who defined stimulus in terms physical energy such as sound, light, etc.

- A) Kohler
  - B) Cattle
  - C) Hull
  - D) Thorndike
- 

6) What does intellectual development include?

- A) Development of thinking, reasoning and interest perception.
  - B) Development of emotions.
  - C) Development of skills.
  - D) The development of mind.
- 

7) Teams occur when a number of people have \_\_\_\_\_ and recognize that their personal success is dependent on the success of others.

- A) The same manager
  - B) A shared work environment
  - C) Similar jobs
  - D) A common goal
- 

8) Groups which are formed as the consequence of organizational structure and work division are known as:

- A) Formal groups
- B) Operational groups
- C) Informal groups
- D) Target groups

9) Which of Erikson's Psychosocial Stages characterizes adolescence?

- A) Industry vs. Inferiority
  - B) Intimacy vs Isolation
  - C) Initiative vs Guilt
  - D) Identity vs Identity confusion
- 

10) Match the following:

List I	List II
i. Pre-operational period	1. Comprehension
ii. Sensory-motor period	2. Scientific thinking
iii. Formal operational period	3. Concept of object formation
iv. Concrete operational period	4. Self-awareness

- A) i-3, ii-4, iii-1, iv-2
  - B) i-4, ii-3, iii-1, iv-2
  - C) i-4, ii-3, iii-2, iv-1
  - D) i-3, ii-4, iii-2, iv-1
- 

11) Fill in the blank in the given sentence by choosing the correct option.

Put ..... the clock, it is twenty minutes fast.

- A) Down
- B) Back
- C) Off
- D) Up

12) What sense dominates our ability to taste foods and liquids?

- A) Olfactory
  - B) Cutaneous
  - C) Gustatory
  - D) Kinesthetic
- 

13) The headquarters of IAAF is situated in –

- A) Monaco
  - B) Germany
  - C) South Africa
  - D) Switzerland
- 

14) Which of the following contains an aspect that would not fall into the category of basic needs?

- A) Intimate relationships and safety
  - B) Food and water
  - C) Water and rest
  - D) Security and warmth
- 

15) Which is the prime mode of learning in children?

- A) Reading
- B) Imitation
- C) Writing
- D) Listening

16) Not every organism will learn at the same rate as a result of:

- A) Blocking and preparedness
  - B) Contiguity and conditioning
  - C) Blocking and autoshaping
  - D) Habituation and contiguity
- 

17) The study of how meaning is expressed through words and sentences is known as

- A) Linguistics
  - B) Language
  - C) Concept formation
  - D) Semantics
- 

18) Tadoba Andhari Tiger Reserve is located at which of the following states?

- A) Maharashtra
  - B) Uttar Pradesh
  - C) Madhya Pradesh
  - D) Chhattisgarh
- 

19) Anger is a/an

- A) Frustration
- B) Behaviour
- C) Emotion
- D) Arousal

20) What was the Rank of India in the Final Medals Tally of Common Wealth Games 2018?

- A) First
  - B) Second
  - C) Fourth
  - D) Third
- 

21) Which of the major steel plants is not owned and managed by the Steel Authority of India Ltd. (SAIL)?

- A) Bhilai Steel Plant
  - B) Rourkela Steel Plant
  - C) Vishakhapatnam Steel Plant
  - D) Bokaro Steel Plant
- 

22) The First Union Territory of India to run 100 per cent on solar energy is –

- A) Chandigarh
  - B) Puducherry
  - C) Andaman-Nicobar
  - D) Diu
- 

23) Which of the following is not a characteristic of an effective work group?

- A) The resolution of conflict by members themselves.
- B) The open expression of feelings and disagreements.
- C) A sense of commitment by individual member's to their own goals and objectives.
- D) A belief in shared aims and objectives.

24) According to many, the founder of modern day psychology and first 'psychologist' was:

- A) Wundt
  - B) Helmholtz
  - C) Weber
  - D) Fechner
- 

25) Educational psychology is regarded as a branch of

- A) Applied psychology
  - B) Comparative psychology
  - C) Pure psychology
  - D) General psychology
- 

26) Which of the following country clinched the ICC-19 men Cricket World Cup?

- A) Bangladesh
  - B) England
  - C) India
  - D) South Africa
- 

27) Which among the following college ranked top as per the annual ranking report 2020?

- A) Miranda House, Delhi
- B) St Stephen's College, Delhi
- C) Lady Sri Ram College for Women, Delhi
- D) Presidency College, Kolkata

28) Anita and Geeta are experts in dancing and music. Seeta and Geeta are expert in music and painting. Anita and Neeta are expert in debate and dancing. Neeta and Seeta are expert in Painting and debate. Which girl is not expert in painting?

- A) Geeta only
  - B) Neeta only
  - C) Seeta only
  - D) Anita only
- 

29) Which is FALSE? Humanistic theories of personality:

- A) Place an emphasis on individual experiences, relationships and ways of understanding the world
  - B) Present a positive and optimistic view of human behavior
  - C) Are based on beliefs that everyone's experience is unique, and that the individual's perception of the world is critical to their understanding and behavior
  - D) Regard people as victims of their unconscious motivations and conflicts
- 

30) Anxiety means

- A) A disturbed state of mind
  - B) A happy state of mind
  - C) A intelligent state of mind
  - D) A healthy mind
- 

31) The Good Governance Day is observed on the birth anniversary of -

- A) Former Prime Minister Indira Gandhi
- B) Former Prime Minister Rajiv Gandhi
- C) Former Home Minister Sardar Ballabhbhai Patel
- D) Former Prime Minister Atal Bihari Bajpayee



32) Piaget's developmental sequences follow in which order?

- A) Sensory-motor, operational, concrete operational, formal operational
  - B) Pre-operational, sensory-motor, concrete operational, formal operational
  - C) Sensory-motor, pre-operational, formal operational, concrete operational
  - D) Sensory-motor, pre-operational, concrete operational, formal operational
- 

33) In which type of conflict are we caught 'between the devil and the deep sea'?

- A) Avoidance-Avoidance
  - B) Ambivalence
  - C) Approach-Avoidance
  - D) Approach-Approach
- 

34) Meeting all of Maslow's (1970) needs should result in which of the following?

- A) Self-actualization
  - B) Self-efficacy
  - C) Locus of control
  - D) Unconditional positive regard
- 

35) Principles of motor learning help in achieving excellence in the field of

- A) Imprinting
- B) Sports
- C) Education
- D) Painting

36) A process in which previous learning obstructs or interferes with present learning

- A) Zero Transfer
  - B) Negative Transfer
  - C) Positive transfer
  - D) None of the Above
- 

37) Mood disorders are those in which the person may

- A) Experience severe depression and talks about committing suicide.
  - B) Exhibit symptoms suggesting physical disease or injury but for which there is no identifiable cause.
  - C) Exhibit behavior that is the result of organic brain pathology.
  - D) Experience delusions and hallucinations.
- 

38) Weschler's intelligence tests were designed to test:

- A) Crystallized and fluid intelligence
  - B) Verbal intelligence
  - C) Non-verbal intelligence
  - D) Verbal and non-verbal intelligence
- 

39) Central Institute of Indian Languages is located at which of the following places?

- A) Mysore
- B) Varanasi
- C) New Delhi
- D) Shimla

40) Which type of motivation is associated with activities that are rewarding or satisfying in themselves?

- A) Intrinsic motivation
  - B) Trait motivation
  - C) Extrinsic motivation
  - D) State motivation
- 

41) The natural tendency that a person or animal has to behave or react in a particular way is called

- A) Instinct
  - B) Emotion
  - C) Feeling
  - D) Sentiment
- 

42) The Catastrophe model is related to

- A) Arousal
  - B) Aggression
  - C) Attention
  - D) Motivation
- 

43) Which one of the following is an example of a fine motor skill?

- A) Hopping
- B) Writing
- C) Running
- D) Climbing

44) A man said to a lady, 'The son of your only brother is the brother of my wife' How is the lady related with the man?

- A) Sister
  - B) Sister of father-in-law
  - C) Mother
  - D) Mother-in-law
- 

45) The concept of individual differences was brought to light in a scientific manner by

- A) Cattell
  - B) Watson
  - C) Galton
  - D) Terman
- 

46) Students who experience a persistent depressed mood after failing an exam probably have which type of attributional style?

- A) Unstable, specific
  - B) Stable, global
  - C) External, global
  - D) External, specific
- 

47) Which of the following researchers had a profound impact in developmental psychology despite the limitations of his methodology?

- A) Jean Piaget
- B) Francis Galton
- C) Sigmund Freud
- D) B.F. Skinner

48) Which of the following is a behavioral symptom exhibited by individuals suffering unipolar depression?

- A) Compulsive checking
  - B) Ritualized behaviour
  - C) Unpredictable and erratic behavior
  - D) Stay in bed for long periods
- 

49) The use of nonsense syllables in the laboratory in the study of memory was first introduced by

- A) William James
  - B) Levi Strauss
  - C) Herman Ebbinghaus
  - D) Woodworth
- 

50) Which of the following is not the characteristic of Extroversion?

- A) Optimistic
  - B) Reserve
  - C) Outgoing
  - D) Friendly
- 

51) Behavior carried out with intention of harming other person is known as.

- A) Motivation
- B) Stress
- C) Tension
- D) Aggression

52) Which of the following is not a feature of Broadbent's theory of attention?

- A) Selective filter
  - B) Limited capacity processor
  - C) Spotlight
  - D) Sensory buffer
- 

53) According to Triarchic theory of intelligence, Sternberg identified three aspects of intelligence namely:

- A) Creative, practical, and analytical
  - B) Contextual, analytical, and creative
  - C) Experiential, practical, and analytical
  - D) Creative, computational, and practical
- 

54) The name Kunjarani Devi is associated with which game?

- A) Weightlifting
  - B) Shooting
  - C) Swimming
  - D) Athletics
- 

55) Immediate memory is also known as

- A) Short Term memory
- B) Episodic memory
- C) Long term memory
- D) Sensory memory

56) Who is the first Indian woman to win an individual Olympic medal?

- A) Karnam Malleshwari
  - B) Saina Newal
  - C) P V Sindhu
  - D) Sania Mirza
- 

57) The trait theory of personality is given by

- A) Sheldon
  - B) Adler
  - C) Allport
  - D) Freud
- 

58) According to Freud, the element of personality that works on 'pleasure principle' is

- A) Id
  - B) Consciousness
  - C) Superego
  - D) Ego
- 

59) Which of the following is a projective test?

i.MMPI

ii.Rorschach Ink Blot Test

iii.Sentence Completion Test

iv.TAT

- A) i and ii are correct
  - B) i, ii and iii are correct
  - C) i, ii and iv are correct
  - D) ii, iii and iv are correct
-

60) WhatsApp is invented by

- A) Brian Acton and Jan Koum
  - B) Mark Zuckerberg
  - C) Steve Job
  - D) Bill Gates
- 

61) Currently, the most popular singular psychotherapy orientation among clinical psychologists is the..... orientation.

- A) Cognitive
  - B) Behavioral
  - C) Psychodynamic
  - D) Humanistic
- 

62) 'The principles of Psychology' was published in 1890. Who authored this book?

- A) William James
  - B) Ivan Pavlov
  - C) Alfred Binet
  - D) Thorndike
- 

63) Vembanand lake is located in –

- A) Kerala
- B) Karnataka
- C) Andhra Pradesh
- D) Tamil Nadu



64) Personality according to Allport is the organization of .....

- A) Physical systems
  - B) Social systems
  - C) Psychological systems
  - D) Psychophysical systems
- 

65) In psychological testing, norm is defined as

- A) Record of performance
  - B) Highest performance of athlete
  - C) Unique performance of the team
  - D) Average performance of the team
- 

66) Which city in the USA is referred to as the City of Golden Gate?

- A) San Fransisco
  - B) Los Angeles
  - C) New York
  - D) Florida
- 

67) Raven's progressive matrices test is a

- A) Creativity test
- B) Non-verbal test
- C) Performance test
- D) Verbal test

68) How is psychology defined today?

- A) The study of motivation, emotion, personality, adjustment and abnormality
  - B) The science of mind
  - C) The science of behaviour and mental processes
  - D) The science of human behaviour and mental processes
- 

69) In Watson's experiment with 'Little Albert', the unconditioned stimulus was

- A) The fear of the noise
  - B) The white rat
  - C) The loud noise
  - D) The fear of the rat
- 

70) Which of the following traits is not part of the five-factor model of personality?

- A) Extraversion
  - B) Openness
  - C) Anxiety
  - D) Agreeableness
- 

71) Which of the following a cognitive symptom of stress?

- A) Overeating
- B) Anxiety
- C) Memory problems
- D) Frequent colds

72) According to recent theories of emotional development, most emotions have appeared by the age of:

- A) 3 years
  - B) 6 months
  - C) 2 years
  - D) 1 year
- 

73) Below are various descriptions of some of the most important components in the human nervous system – but only one is correct. Choose the correct answer:

- A) The central nervous system includes the nerves through which the central nervous system interacts with the rest of the body.
  - B) Efferent or motor nerves extend out from the central nervous system to the organs.
  - C) Afferent or sensory nerves carry information to the central nervous system from sensory neurons and regulate glandular secretion.
  - D) The peripheral nervous system includes the brain and the spinal cord.
- 

74) The five-factor model of personality traits includes all but NOT which of the following?

- A) Openness
  - B) Self-sufficiency
  - C) Neuroticism
  - D) Extraversion
- 

75) In early childhood which is the dominant form of motivation?

- A) Extrinsic motivation
- B) Intrinsic motivation
- C) Self-motivation
- D) Achievement motivation

76) What is the name of World's largest Health Care Scheme launched by Government of India in 2018?

- A) Jan Dhan Yojna
  - B) Deendayal Chalit Hospital Yojna
  - C) Ayushman Bharat-Pradhan Mantri Jan Arogya Yojna
  - D) Arunima Yojna
- 

77) The Chief guest of the Republic Day celebration in 2019 in New Delhi was.

- A) King of Bhutan, Jigme Khesar Namgyel Wangchuck
  - B) President of South Africa, Cyril Ramphosa
  - C) President of America, Donald Trump
  - D) President of Russia, Vladimir Putin
- 

78) After the car accident, Kumar suffered from nightmares and other sleeping problems, and he could not concentrate on the work. After about two weeks, these symptoms disappeared and he was able to work and sleep normally again. Kumar was suffering from

- A) Mild stress reaction
  - B) Shell shock
  - C) Post-traumatic stress disorder
  - D) Acute stress disorder
- 

79) By measuring the extent to which identical twins reared together score differently on intelligence tests, researchers can determine the influence of which factors on intelligence?

- A) Non-shared environments
- B) Shared and non-shared environment
- C) Shared environments
- D) Genetic traits

80) Which nervous system controls the activity of the structures inside your body, such as your heart or your endocrine glands?

- A) Autonomic nervous system, which includes the sympathetic and parasympathetic system
  - B) Somatic system, which includes the sympathetic and parasympathetic system
  - C) Autonomic system, which includes the central and somatic system
  - D) Somatic system, which includes the central and autonomic system
- 

81) Who is the first Sikh to become Chief Election Commissioner of India?

- A) Dr. Manmohan Singh
  - B) Montek Singh Ahluwalia
  - C) M. S. Gill
  - D) Hardeep Singh Puri
- 

82) School of psychology most closely related to Learning Theory of

- A) Psycho analytical school
  - B) Behaviorist school
  - C) Cognitive school
  - D) Gestalt school
- 

83) Which of the following is NOT one of the three elements of emotion?

- A) Attention
- B) Physical reaction
- C) Subjective experience
- D) Behavior

84) The extent to which people believe that they can bring about an outcome is referred to as \_\_\_\_\_.

- A) Self-efficacy
  - B) Extraversion
  - C) Self-regulation
  - D) Neuroticism
- 

85) Which neurotransmitter is associated with the control of pain response?

- A) Serotonin
  - B) Endorphin
  - C) GABA
  - D) Acetylcholine
- 

86) Which brain structure would most likely result in death if damaged?

- A) Reticular formation
  - B) Pons
  - C) Medulla
  - D) Cerebellum
- 

87) Personality development is the outcome of

- A) Diet
- B) Environment
- C) Heredity
- D) Heredity and environment

88) Feedback on performance is especially important to

- A) Improve a technique
  - B) Discourage poor performance
  - C) Setting a personal best goal
  - D) Increase competitive ability
- 

89) Programme 'Make in India' started on –

- A) November 2012
  - B) September 2014
  - C) September 2016
  - D) January 2014
- 

90) Maria suffered a stroke that damaged a part of her brain. She fell into a sleep-like coma and cannot be awakened. Which area of the brain is most likely to be damaged?

- A) Medulla
  - B) Cerebellum
  - C) Pons
  - D) Reticular formation
- 

91) Dysthymic disorder differs from major depressive disorder in the following ways:

- A) Symptoms are less severe but last longer
- B) Symptoms are chronic lasting for more than 2 years
- C) Symptoms include hallucinations and delusional thinking
- D) Symptoms only affect women during the winter months

92) A negative emotional state that occurs when one is prevented from reaching a goal, is called

- A) Tension
  - B) Frustration
  - C) Stress
  - D) Conflict
- 

93) \_\_\_\_\_ is a way to quickly access a favorite website by saving it in your browser.

- A) None of the above
  - B) Bookmark
  - C) Cookie
  - D) Blog
- 

94) Which type of memory allows us to have meaningful conversations?

- A) Short-term memory
  - B) Iconic memory
  - C) Echoic memory
  - D) Long-term memory
- 

95) In which of the following lobes of the cortex would you find the primary auditory area?

- A) Temporal
- B) Frontal
- C) Occipital
- D) Parietal



96) The organization and coordination of different sequential habit patterns and acquisitions is called

- A) A reflex
  - B) A skill
  - C) A response
  - D) An act
- 

97) Learning by Insight was introduced by

- A) Kohler
  - B) Roger
  - C) Pavlov
  - D) Skinner
- 

98) Who is the first lieutenant governor of Ladakh?

- A) Sh. Anil Baijal
  - B) Sh. R. K. Mathur
  - C) Sh. Manoj Sinha
  - D) Sh. Satya Pal Malik
- 

99) Santosh Trophy is a prestigious tournament of –

- A) Football
- B) Cricket
- C) Hockey
- D) Badminton

100) Which of the following is accurate in relation to the law of effect?

- A) In modern terminology, Thorndike's 'satisfiers' and 'annoyers' are called enforcers and punishers.
- B) It is generally thought that the likelihood of an animal responding in a particular way cannot be controlled by the consequence of that response.
- C) In the law of effect, a stimulus–response (S–R) association is learned.
- D) The law of effect relates to Pavlov's proposal that reward will strengthen the connection between the response that preceded it and any stimuli present when it is delivered.

**Answer Keys**  
**Question Paper No: 60911\_6**

1	C	26	A	51	D	76	C
2	B	27	A	52	C	77	B
3	B	28	D	53	A	78	D
4	D	29	D	54	A	79	A
5	C	30	A	55	D	80	A
6	A	31	D	56	A	81	C
7	D	32	D	57	C	82	D
8	A	33	A	58	A	83	A
9	D	34	A	59	D	84	A
10	C	35	B	60	A	85	B
11	B	36	B	61	A	86	C
12	C	37	A	62	A	87	D
13	A	38	D	63	A	88	A
14	A	39	A	64	D	89	B
15	B	40	A	65	D	90	D
16	A	41	A	66	A	91	B
17	D	42	A	67	C	92	B
18	A	43	B	68	C	93	B
19	C	44	B	69	C	94	C
20	D	45	C	70	C	95	A
21	C	46	B	71	C	96	C
22	D	47	A	72	A	97	A
23	C	48	D	73	B	98	B
24	A	49	C	74	B	99	A
25	A	50	B	75	A	100	C