

Section 1 - MA Sports Psychology

1) According to Psychology, all education is

- A) Deliberate
 - B) Functional
 - C) Purposive
 - D) Self -education
-

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

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

3) That the things most recently learned are best remembered refers to

- A) Law of intensity
 - B) Law of effect
 - C) Law of primacy
 - D) Law of recency
-

4) Match the following:

List I

- i. Classical conditioning
- ii. Operant conditioning
- iii. Learning by insight
- iv. Trail and error

List II

- 1. Thorndike
- 2. Kohler
- 3. B.F Skinner
- 4. I.P Pavlov

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

5) What type of motivation is not applicable to young children?

- A) Intrinsic motivation
- B) Extrinsic motivation
- C) Achievement motivation
- D) None of the above

6) First woman umpire in ICC Panel

- A) Karthy Cross
 - B) Anjum Chopra
 - C) Lisa Sthalekar
 - D) Melanie Jones
-

7) Complete the pair
Melt : Liquid :: Freeze :

- A) Ice
 - B) Solid
 - C) Condense
 - D) Push
-

8) The primary aim of educational psychology is

- A) To contribute to an understanding of sound educational practices.
 - B) To provide the teacher with a greater appreciation of his role in the education of the child.
 - C) To provide the academic background essential for effective teaching.
 - D) To provide a theoretical framework for educational research.
-

9) The Greek philosopher _____ believed that knowledge is acquired through experience and learning.

- A) Archimedes
 - B) Rousseau
 - C) Plato
 - D) Aristotle
-

10) The _____ is the basic unit of the nervous system.

- A) synapse
 - B) neuron
 - C) spinal cord
 - D) brain
-

11) What does the phenomenon of observational learning show?

- A) Children learn even when they are not receiving reinforcement from the environment
- B) Observing a model is a form of reinforcement
- C) A model can condition children's behavior
- D) Televised violence is bad for children

12) Autogenic training is a technique

- A) To bring about relaxation in body
 - B) To increase anxiety level
 - C) To counter avoidance syndrome
 - D) None of the above
-

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

- A) acute stress disorder
 - B) post-traumatic stress disorder
 - C) mild stress reaction
 - D) shell shock
-

14) Which test is administered to a person to determine the chances of success in a given profession?

- A) Personality test
 - B) Achievement Test
 - C) Aptitude Test
 - D) Intelligence Test
-

15) Encouragement by spectators is a

- A) Monetary incentive
 - B) Social incentive
 - C) Reward incentive
 - D) Social competitive incentive
-

16) In the word ECONOMETRICS, if the first and second, third and forth, forth and fifth, fifth and sixth words are interchanged up to the last letter, what would be the tenth letter from right?

- A) O
 - B) R
 - C) N
 - D) I
-

17) What is TRUCE in the Ancient Olympic Games?

- A) All conflicts should be ceased during the period of Olympic Games
 - B) Continue the game
 - C) Halt the game
 - D) None of the above
-

18) Who gave the three facets of concentration?

- A) Posner and Boies
 - B) Skinner
 - C) Robert Dubin
 - D) None of the above
-

19) If the letters in the word UNDERTAKING are arranged in the alphabetical order, which one will be in the middle in order after the arrangement?

- A) G
 - B) I
 - C) K
 - D) N
-

20) Exposure therapy makes use of which conditioning principle?

- A) negative reinforcement
 - B) negative punishment
 - C) both a and b
 - D) extinction
-

21) Both flooding and systematic desensitization are types of

- A) systemic therapy
 - B) psychodynamic therapy
 - C) behavioural therapy
 - D) biomedical therapy
-

22) Later childhood is also known as

- A) Age of curiosity
 - B) Gang age
 - C) Age of mental development
 - D) Spontaneous age
-

23) "Mallakham" is declared as the state sport of which state?

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

24) A clock is started at noon. By 10 minutes past 5, the hour hand has turned through:

- A) 140°
 - B) 150°
 - C) 155°
 - D) 160°
-

25) Who formulated the frustration-aggression hypothesis?

- A) Dollard
 - B) Berkowitz
 - C) Miller
 - D) Lazarus
-

26) Which of the following is NOT one of the Erikson's stages of psychosocial development?

- A) Integrity vs Despair
 - B) Initiative vs Guilt
 - C) Trust Vs Mistrust
 - D) Life vs Death
-

27) The debate about human psychology that suggests human capacities are either inborn or acquired is called the

- A) the information processing analysis of psychology.
 - B) the associationist analysis of psychology
 - C) the cognitive versus analytic debate.
 - D) the nature-nurture debate.
-

28) Which of the following is an intrinsic motivator?

- A) Interest of play
 - B) Promotion
 - C) Feedback
 - D) Reinforcement
-

29) In education, _____ is used to make inference about the learning and development of students

- A) Measurement
- B) Evaluation
- C) Assessment
- D) Diagnosis

30) If the following five words are arranged in alphabetical order, which word will come in the middle?

- A) Electric
 - B) Elector
 - C) Elect
 - D) Electrode
-

31) Modeling makes use of

- A) observational learning.
 - B) systematic desensitization.
 - C) resistance.
 - D) token economies.
-

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

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

33) Match the following:

List I

- i. Pre-operational period
- ii. Sensory-motor period
- iii. Formal operational period
- iv. Concrete operational period

List II

- 1. Comprehension
- 2. Scientific thinking
- 3. Concept of object formation
- 4. Self-awareness

- A) i-4, ii-3, iii-1, iv-2
 - B) i-3, ii-4, iii-2, iv-1
 - C) i-3, ii-4, iii-1, iv-2
 - D) i-4, ii-3, iii-2, iv-1
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34) In the following series if A and Z, B and Y and so on interchange their positions then which will be 11th letter from your right? ABCDEFGHIJKLMNOPQRSTUVWXYZ

- A) J
- B) K
- C) P
- D) L

35) Who is the first Indian to take an international hat trick in a Test Match?

- A) Kapil Dev
 - B) Chetan Sharma
 - C) Irfan Pathan
 - D) Harbhajan Singh
-

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

- A) unpredictable and erratic behaviour
 - B) compulsive checking.
 - C) stay in bed for long periods.
 - D) ritualised behaviour
-

37) Three number are in the ratio of 3 : 4 : 5 and their L.C.M. is 2400. Their H.C.F. is:

- A) 40
 - B) 80
 - C) 120
 - D) 200
-

38) Seligman's theory of depression proposed that life experiences could give rise to a cognitive set termed:

- A) introjection
 - B) learned helplessness
 - C) negative triad
 - D) attribution theory
-

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

- A) openness
 - B) self-sufficiency
 - C) extraversion
 - D) neuroticism
-

40) A is B's sister. C is B's mother. D is C's father. E is D's mother. Then, how is A related to D?

- A) Grand mother
 - B) Grand father
 - C) Daughter
 - D) Grand daughter
-

41) Which of the following is NOT a measure of central tendency?

- A) the mean of distribution
 - B) The mean squared deviation of some data
 - C) the mode value
 - D) The median
-

42) If water is called food, food is called tree, tree is called sky, and sky is called wall, then on which of the following a fruit grows?

- A) Water
 - B) Food
 - C) Sky
 - D) Tree
-

43) The Gestalt School of psychology was propounded by

- A) Peris
 - B) Herbert Spencer
 - C) Max Wertheimer
 - D) Carl Jung
-

44) In its resting state, the inside of a neuron carries a _____ charge with respect to the outside

- A) positive
 - B) negative
 - C) depolarized
 - D) inactive
-

45) Ankle : Knee : : Wrist : ?

- A) Hand
 - B) Foot
 - C) Elbow
 - D) Finger
-

46) Watson claims that psychology is the study of

- A) Mind
- B) Soul
- C) Behaviour
- D) Consciousness

47) When materials memorised afterward are interfered by the materials learnt earlier it is called

- A) Retroactive inhibition
 - B) Proactive inhibition
 - C) Simple inhibition
 - D) Conditioned inhibition
-

48) Motor skills learning capacity depends on

- A) Psychological development
 - B) Readiness
 - C) Sports psychology
 - D) Behaviour
-

49) Drug therapies are based on the assumption that psychological disorders are associated with

- A) brain injury
 - B) disordered thinking
 - C) chemical imbalance
 - D) unconscious conflicts
-

50) Which city hosted the 2024 Olympics?

- A) Tokyo, Japan
 - B) Beijing, China
 - C) London, England
 - D) Paris, France
-

51) The main aim of psychodynamic therapy is to explore the patient's

- A) friendships
 - B) unconscious
 - C) work relationships
 - D) neuronal health
-

52) Which Team won 28th Sultan Azlan Shah Cup 2019 that was held in Ipoh, Malaysia?

- A) Canada
 - B) India
 - C) Japan
 - D) South Korea
-

53) Look at this series: 80, 10, 70, 15, 60, ...
What number should come next?

- A) 20
 - B) 25
 - C) 30
 - D) 50
-

54) Can we predict development?

- A) Yes
 - B) No
 - C) Sometimes
 - D) Never
-

55) AND, COF, FPI,JQM,_____

- A) ORS
 - B) ORR
 - C) QRS
 - D) PRT
-

56) One of the founders of humanistic therapy was

- A) Carl Rogers
 - B) Sigmund Freud
 - C) Karl Lashley
 - D) Edward Thorndike
-

57) Which is 'Why' age?

- A) Early childhood
 - B) Late childhood
 - C) Puberty
 - D) Late adolescence
-

58) Complete analogous pair: Moon : Satellite : : Earth : ?

- A) Sun
 - B) Planet
 - C) Solar System
 - D) Asteroid
-

59) 'Merdeka Cup' is associated with the game of –

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

60) Facing toward South, Sanjeet walked 50 metres. He then turned to his right and walked 30 metres. He again turned right and walked 50 metres. How far was he from his original point and in which direction he is now?

- A) 30 metres and in the West
- B) 30 metres and in the East
- C) 50 metres and in the West
- D) 20 metres and in the west

61) Arrange the following in correct sequence for skill learning:

- i. Associative Phase
- ii. Presentation stage
- iii. Automatization stage

iv. Cognitive stage

- A) i, iii, iv, ii
- B) ii, iv, i, iii
- C) iii, i, ii, iv
- D) iv, ii, iii, i

62) The basic processes involved in systematic desensitization are

- A) insight and self-knowledge.
- B) punishment and anxiety.
- C) communication, understanding and empathy.
- D) counterconditioning and extinction.

63) Sports performance is the bi-product of

- A) Skill
- B) Conditional ability
- C) Total personality
- D) Tactical ability.

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

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

65) For Skinner, development is the result of:

- A) A continuous shaping process
 - B) Maturation
 - C) Recapitulation
 - D) Sudden qualitative reorganization of behavior
-

66) Statement: Anger is energy, in a more proactive way and how to channelize it is in itself a skill.

Assumptions:

- I. Anger need to be channelized.
- II. Only skillful people can channelize anger to energy.

- A) If only assumption I is implicit.
 - B) If only assumption II is implicit.
 - C) if either I or II is implicit.
 - D) if neither I or II is implicit.
-

67) Obsessive Compulsive Disorder (OCD) is a type of

- A) Chronological disorder
 - B) Social disorder
 - C) Neural disorder
 - D) Mental disorder
-

68) In the context of psychological treatment, what does CBT stand for?

- A) client based therapy
 - B) complex brain therapy
 - C) cognitive behavioural therapy
 - D) compassion based therapy
-

69) Bird : Fly : Snake : ?

- A) Hole
 - B) Fly
 - C) Bark
 - D) Crawl
-

70) Who was the first Indian to win an Olympic medal for India?

- A) K D Jadhav
 - B) Milkha Singh
 - C) Leander Paes
 - D) Prakash Padukone
-

71) Motivation is best defined in terms of

- A) internal forces within the individuals
 - B) external forces applied upon the individual by his peers and teacher
 - C) attempts on the part of the individual to avoid anxiety
 - D) those disciplinary measures used in school to promote learning
-

72) When was the motto of Olympic "Citius, altius, fortius" first used?

- A) 1900, Paris
 - B) 1920, Antwerp
 - C) 1924, Paris
 - D) 1928, Amsterdam
-

73) Raven's progressive matrices test is a

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

74) Which word does not belong with the others?

- A) Index
 - B) Glossary
 - C) Chapter
 - D) book
-

75) Educational psychology is concerned with

- A) The learner
 - B) The learning process
 - C) The learning situation
 - D) All of these.
-

76) Autism Spectrum Disorder (ASD) cannot occur due to

- A) Heredity
- B) Genetic mutation
- C) Contamination through water
- D) Abnormal mechanisms of brain development

77) Look at this series: 12, 11, 13, 12, 14, 13, ... What number should come next?

- A) 10
 - B) 16
 - C) 13
 - D) 15
-

78) Where was first Experimental psychology Laboratory set up?

- A) Berlin
 - B) Boston
 - C) Frankfurt
 - D) Leipzig
-

79) Which word is the odd man out?

- A) Trivial
 - B) Unimportant
 - C) Important
 - D) insignificant
-

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

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

81) How many athletes participated from India in the 2012 Olympics?

- A) 112
 - B) 83
 - C) 63
 - D) 97
-

82) Stress is

- A) Advantageous to the player
 - B) Detrimental to his abilities
 - C) Both advantageous and detrimental as per the situation
 - D) None of the above
-

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

- A) iconic memory
 - B) echoic memory
 - C) short-term memory
 - D) long-term memory
-

84) When a person tries to cope by eliminating or changing the stressor directly, it is known as

- A) a defense mechanism
 - B) problem-focused coping
 - C) self-focused coping
 - D) emotion-focused coping
-

85) Who is regarded as the father of Sport Psychology

- A) Norman Triplett
 - B) Albert Bandura
 - C) Gareth Mole
 - D) Coelman Griffith
-

86) Some authors classify methods of educational psychology as

- A) Distal method
 - B) Proximal method
 - C) Both a and b
 - D) Neither a nor b are true.
-

87) The field of Psychology is defined as the

- A) scientific study of behavior and mental processes.
 - B) study of all mental activities.
 - C) methodological analysis of behavior.
 - D) observational record of behaviors.
-

88) The leader who allows complete freedom in decision making and do not participate in the group activities is

- A) Autocratic
- B) Democratic
- C) Laissez fair
- D) None of the above.

89) The term "level of aspiration" was coined by

- A) Hoppe
 - B) Lewin
 - C) Cattell
 - D) Maslow
-

90) The therapies that use behavior modification techniques but also incorporate procedures designed to change maladaptive beliefs are called

- A) behavioral therapies.
 - B) cognitive behavior therapies.
 - C) psychoanalytic therapies.
 - D) dynamic therapies.
-

91) Pointing to a girl in the photograph, Ajay said, "Her mother's brother is the only son of my mother's father." How is the girl's mother related to Ajay?

- A) Mother
 - B) Sister
 - C) Aunt
 - D) Grandmother
-

92) Another term for reinforcement is

- A) stimulus
 - B) reward
 - C) response
 - D) condition
-

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

- A) frequent colds
 - B) anxiety
 - C) overeating
 - D) memory problems
-

94) In instrumental conditioning the reward of reinforcement depends upon the animal's

- A) Activity
 - B) Response
 - C) Correct response
 - D) Wrong response
-

95) Prefrontal lobotomy and cingulotomy are types of

- A) drug intervention
 - B) psychotherapy
 - C) psychosurgery
 - D) community intervention
-

96) The term used to express the amount of time you require to respond to external stimuli is called

- A) Speed
 - B) Reaction Time
 - C) Coordination
 - D) Agility
-

97) The greatest number of four digits which is divisible by 15, 25, 40 and 75 is:

- A) 9000
 - B) 9400
 - C) 9600
 - D) 9800
-

98) Which law of learning is known as law of pleasure and pain?

- A) law of exercise
 - B) law of readiness
 - C) law of effect
 - D) law of contiguity
-

99) Which of the following would be active if you are sleeping?

- A) sympathetic division
 - B) parasympathetic division
 - C) Somatic division
 - D) motor division
-

100) The study of learning is most closely associated with which school of psychology?

- A) psychoanalytic
- B) humanist
- C) social
- D) behaviourist