

(6 pages)

Reg. No. :

**Code No. : 20213 E Sub. Code : SMPE 41/
AMPE 41**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education – Core

ORGANIZATION AND ADMINISTRATION IN
PHYSICAL EDUCATION

(For those who joined in July 2017-2020)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1. Expansion of NSTC
 - (a) National Sports Talent Contest Scheme
 - (b) National Scheme for Talent Contest
 - (c) National Scheme for Teaching and Coaching
 - (d) National Sports Training Centre

2. Which scheme is launched by the government for the sports?
- (a) National Doctoral Fellowship
 - (b) SAI Training Centers Scheme
 - (c) Companies Fresh Start Scheme
 - (d) Teaching and Coaching Scheme
3. Dimension of Ball Bad Minton court
- (a) 24 mts × 12 mts
 - (b) 20 mts × 10 mts
 - (c) 24 mts × 20 mts
 - (d) 20 mts × 12 mts
4. Dimension of Football court
- (a) 80 – 90 mts (b) 90 – 120 mts
 - (c) 80 – 70 mts (d) 80 – 95 mts
5. For effective administration the Physical Education Teacher must possess
- (a) High qualification
 - (b) Good personality
 - (c) Technical knowledge and skills
 - (d) Teaching ability

6. Organization means planning the work and administration means
- (a) Controlling
 - (b) Processing information
 - (c) Decision-making
 - (d) Working the plan
7. Time tabling _____.
- (a) improves school organization
 - (b) helps to maximize resource allocation
 - (c) serves as a form of documentation
 - (d) All the above
8. Administration and organization of Physical Education should be based on the principles of
- (a) Activity (b) Humanity
 - (c) Bio-mechanics (d) Teaching
9. The most important consideration in selecting the sports equipments
- (a) Price (b) Source
 - (c) Utility (d) Quality
10. Which of the following factors is considered to be most important in the construction of an Indoor Gymnasium?
- (a) Direction (b) Light
 - (c) Ventilation (d) Floor

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) What is organization and explain the importance of organization?

Or

- (b) Explain the administration in Physical Education.

12. (a) How to layout the playfield of Tennis?

Or

- (b) How to layout the playfield of Volleyball?

13. (a) What is supervision? Explain the various techniques of supervision.

Or

- (b) Explain the basic needs of planning a programme with proper management.

14. (a) How to maintain the swimming pool? Explain.

Or

- (b) Explain the need and importance of time table.

15. (a) List down the Records in Physical Education and explain any two?

Or

- (b) What is Budget and explain the importance of Budget?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the organization scheme of Physical Education in college.

Or

- (b) Explain the organization scheme of Physical Education in school.

17. (a) What are the facilities needed to layout the play fields in Foot ball.

Or

- (b) How to layout the play field of Hand ball.

18. (a) Explain the qualification and qualities of Physical Education Teacher.

Or

(b) Explain the guiding principles of supervision in Physical Education.

19. (a) Discuss the factors affecting the time-table.

Or

(b) Care and maintenance of playfields—Explain.

20. (a) Explain about the types of Records and Registers to be maintained in Physical Education.

Or

(b) Explain the components of the Annual Budget.

Reg. No. :

Code No. : 20395 E Sub. Code : AMPE 53

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education – Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2020 only)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. What is the another name of ATHLETICS?
(a) Sports (b) Track and Field
(c) Gymnastics (d) Decathlon
2. Time shall be taken from the
(a) Sound of Gun (b) Flash/Smoke
(c) Set (d) On your marks
3. How many lanes are there in a std track?
(a) 6 to 9 (b) 8 to 9
(c) 10 to 12 (d) 11 to 13

4. Direction of running shall be.
- (a) Right hand side (b) Left hand side
(c) Curve-running (d) None of these
5. Standard width of the lane shall be
- (a) 1.20 ± 0.01 mts (b) 1.21 ± 0.01 mts
(c) 1.22 to 1.25 mts (d) 1.22 ± 0.01 mts
6. Landing area of High jump event is
- (a) 5×2 m (b) 5×3 m
(c) 5×4 m (d) 5×5 m
7. In Triple jump, distance between the take-off board and landing area shall be not more than
- (a) 9 mts (b) 10 mts
(c) 13 mts (d) 11 mts
8. For valid throw shot must fall.
- (a) In sector area
(b) Within the outer edges of landing sector
(c) Nearest on sector lines
(d) Within the inner edges of landing sector
9. Which is the International Body controls Track and Field events?
- (a) IAAF (b) IAF
(c) AFI (d) AAFI

10. Ten event which shall be held on two consecutive days is known as
- (a) Penthalon (b) Heptathlon
(c) Decathlon (d) Relay race

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Write short notes on IAAF.
Or
(b) History of Track and Field in India – Explain.
12. (a) Explain - Types of Starts.
Or
(b) Explain - Physical fitness qualities.
13. (a) Explain - Techniques in Long jump.
Or
(b) Explain - Techniques in High jump.
14. (a) Explain any five rules in Combined events.
Or
(b) Relay races – Explain.
15. (a) Criteria for Standard track – Explain.
Or
(b) Rules in Long Jump - Explain.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Describe the various competition in Athletics.

Or

- (b) History of Track and Field in World and Asia
– Explain.

17. (a) Explain - Techniques in Sprint Events.

Or

- (b) Safety measures in Track and Field – Explain.

18. (a) Explain techniques in Shot put and list out the Lead up activity.

Or

- (b) Explain techniques in Discus throw and list out Lead up activity.

19. (a) Write notes on Decathlon.

Or

- (b) Write notes on Heptathlon.

20. (a) Draw a neat diagram of 400 Meter standard track with all its measurements.

Or

- (b) Duties of referee's in Track and Field events –
Explain.

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Reg. No. :

Code No. : 20398 E Sub. Code : AMPE 63

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023

Sixth Semester

Physical Education – Core

ELEMENTARY STATISTICS IN PHYSICAL
EDUCATION

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. _____ is the science concerned with developing and studying methods for collecting, analyzing, interpreting and presenting empirical data.
 - (a) Mathematics
 - (b) Science
 - (c) Engineering
 - (d) Statistics

2. _____ data refers to any information that can be quantified, counted or measured, and given a numerical value.
- (a) Datum
 - (b) Qualitative
 - (c) Quantitative
 - (d) None of these
3. _____ is the score that appears most frequently.
- (a) Mean
 - (b) Range
 - (c) Median
 - (d) Mode
4. Find the median of 4.1, 5.2, 6.3, 3.6, 2.4, 6.4, 4.6
- (a) 4.6
 - (b) 4.1
 - (c) 5.2
 - (d) 2.4
5. Which of the following is considered as the best measure of the variability?
- (a) Range
 - (b) Quartile deviation
 - (c) Standard deviation
 - (d) None of these

6. Calculate the range for the following data: 54, 20, 26, 56, 95
- (a) 115 (b) 75
(c) 26 (d) 20
7. A _____ is a comparison score between a particular score and the scores of the rest of a group.
- (a) Percentile (b) Quartile
(c) Mode (d) None of these
8. Which of the following is not a standard scale?
- (a) T scale (b) Hull Scale
(c) 6 Sigma scale (d) K scale
9. A _____ is bilaterally symmetrical with a high concentration of scores in the centre and sloping off towards the ends.
- (a) scoring scale
(b) graph
(c) normal curve
(d) none of these
10. Divergence from normality is called as
- (a) Skewness (b) Kurtosis
(c) Both (a) and (b) (d) None of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write short notes on data and its types.

Or

- (b) State the meaning and importance of statistics.

12. (a) Write a note on frequency distribution.

Or

- (b) Find the mean and mode for the following data 18,81,81, 18, 28, 38, 81.

13. (a) Define mean deviation and quartile deviation.

Or

- (b) Compute the quartile deviation for the following data.

184, 172, 164, 160, 154, 140, 136, 128, 120, 118, 116, 114, 113, 110 and 80.

14. (a) Discuss the various types of scoring scales.

Or

(b) Write a note on measure of relative position.

15. (a) State the difference between skewness and kurtosis.

Or

(b) Write short notes on sampling.

PART C — ($5 \times 8 = 40$ marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Elaborate the nature and need of statistics.

Or

(b) Discuss the various types of statistics.

17. (a) Compute the mean, median and mode for given data 199, 198, 207, 201, 200, 207, 209, 207

Or

(b) Write an essay on measure of central tendency.

18. (a) Compute the standard deviation for the following data:

13, 17, 15, 11, 13, 17, 11, 13, 11 and 11.

Or

- (b) Explain the specific characteristics and uses of measure of variability.

19. (a) Compute 6-Sigma Scale and Hull scale for the Mean = 164.50 and SD: 15.4

Or

- (b) Write an essay on measure of relative position.

20. (a) Narrate the properties of normal curve.

Or

- (b) Elaborate the divergence from normality.
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Reg. No. :

Code No. : 20399 E Sub. Code : AAPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education – Allied

THEORIES OF GAMES-II (Badminton, Ball Badminton
and Tennis)

(For those who joined in July 2020 only)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Uber Cup is associated with _____.
(a) Kho-Kho (b) Hockey
(c) Badminton (d) Basketball
2. Ball Badminton was initially played in
_____ part of South India.
(a) Coimbatore (b) Tiruppur
(c) Tiruchirappalli (d) Thanjavur

3. The eight basic shots namely the serve, forehand, backhand, volley, half-volley, overhead, drop shot and lob is associated with _____.
- (a) Table tennis (b) Tennis
(c) Badminton (d) Squash
4. The purpose of _____ activities is to isolate one or two skills and simplify the rules, enabling students to find immediate success.
- (a) Lead-up (b) Drill
(c) Skill (d) Tactics
5. _____ are defined as “the decisions and actions of players in the contest to gain an advantage over the opposing team or players”
- (a) Technical (b) Tactical
(c) Both (a) and (b) (d) None of these
6. _____ and _____ are often pre-arranged and rehearsed, especially in team games.
- (a) Technical and tactical
(b) Strategies and tactics
(c) Both (a) and (b)
(d) None of these

7. A period or act of preparation for a match, performance, or exercise session, involving gentle exercise or practice is known as _____.
- (a) Warm-up (b) Cool-down
- (c) Warm-down (d) None of these
8. Which fitness component involves working continuously for a long period of time?
- (a) Speed (b) Strength
- (c) Flexibility (d) Endurance
9. The term 'deuce' is associated with _____
- (a) Ball Badminton (b) Badminton
- (c) Table tenths (d) Tennis
10. The size of the Ball Badminton court is _____
- (a) 12mts × 12mts (b) 11mts × 11mts
- (c) 24mts × 12mts (d) 26mts × 13mts

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) List down the major competitions in the game of Badminton.

Or

- (b) Describe the history of Ball Badminton.

12. (a) Discuss the scientific principles applied in Tennis.

Or

- (b) Explain any one drill in the game of Badminton.

13. (a) Define tactics and strategy.

Or

- (b) Write a note on systems of play in the game of Ball Badminton.

14. (a) Narrate the we-match preparation.

Or

- (b) Write short notes on cool-down.

15. (a) What is double fault in Tennis?

Or

(b) Elaborate the scoring system in Ball Badminton.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Elaborate the history of Badminton.

Or

(b) Describe the organisational set-up of international and national governing body of Tennis.

17. (a) List down any five fundamental skills in Badminton and explain any two.

Or

(b) Write any two drills and lead-up activities to develop skill in Tennis.

18. (a) List down the tactics involved in the game of Badminton.

Or

(b) Write any three lead-up games in game of Ball Badminton.

19. (a) Elaborate the factors influencing the performance.

Or

(b) Write an essay on methods to develop fitness.

20. (a) List down the duties of the officials in the game of Ball Badminton.

Or

(b) Draw a neat diagram of doubles Badminton court along with all measurement.

(6 pages)

Reg. No. :

Code No. : 20400 E Sub. Code : AAPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023

Fourth Semester

Physical Education - Allied

SPORTS BIOMECHANICS AND KINESIOLOGY

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The study of human movement and physical activity is
 - (a) Anatomy (b) Physiology
 - (c) Kinesiology (d) Biomechanics
2. Which of the following is NOT one of the planes of motion in kinesiology?
 - (a) Sagittal Plane
 - (b) Circular Plane
 - (c) Transverse Plane
 - (d) Frontal Plane

3. Which of the following is a cause of poor posture?
- (a) Regular exercises
 - (b) Maintaining a healthy diet
 - (c) Prolonged sitting or standing
 - (d) Getting enough sleep
4. Which of the following postural deformities is characterized by an excessive inward curvature of the spine?
- (a) Lordosis (b) Kyphosis
 - (c) Scoliosis (d) Bow-leg
5. _____ is connecting muscle with bone.
- (a) Ligaments (b) Tendons
 - (c) Bone (d) Tissue
6. What is the definition of acceleration?
- (a) The change in velocity over time
 - (b) The change in speed over distance
 - (c) The change in distance over time
 - (d) The change in displacement over time

7. What is biomechanics?
- (a) The study of the mechanics of non-living organisms
 - (b) The study of the mechanical principles of living organisms
 - (c) The study of the principles of chemistry
 - (d) The study of the human movements
8. Which of the following is an example of static equilibrium in sports?
- (a) A gymnast balancing on a beam
 - (b) A baseball pitcher winding up before throwing a pitch
 - (c) A figure skater spinning on one foot
 - (d) A basketball player jumping for a rebound
9. Which of the following is an example of a first-class lever?
- (a) Scissors
 - (b) A wheelbarrow
 - (c) A baseball bat
 - (d) A seesaw
10. Batting in cricket is _____ skill.
- (a) Locomotor skill
 - (b) Non-locomotor skill
 - (c) Object control skills
 - (d) None

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Definition and meaning of Kinesiology.

Or

- (b) Explain — Aim and objectives of Kinesiology.

12. (a) Write notes on centre of gravity.

Or

- (b) Criteria for good posture – Explain.

13. (a) Write the location, origin, insertion and action of Triceps and biceps.

Or

- (b) Write the location, origin, insertion and action of Gastrocnemius.

14. (a) Equilibrium - Explain.

Or

- (b) Types of motion - Explain.

15. (a) Explain — Work power and energy.

Or

(b) Explain- concepts of Linear Kinetics.

PART C — ($5 \times 8 = 40$ marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Need for and importance of Kinesiology in Physical Education and Sports-Describe.

Or

(b) Explain — Axes and planes with example.

17. (a) Postural deformities - Explain.

Or

(b) Application of kinesiology to motor skills and Daily living.

18. (a) Draw a neat diagram of Pectoralis major and minor muscles and write the origin, insertion and action.

Or

(b) Draw a neat diagram of Hamstring muscle and write the origin, insertion and action.

19. (a) Need for and importance of Biomechanics in Physical Education and Sports.

Or

- (b) Explain — Newton's law of motion.

20. (a) Application of Biomechanical principles in Sports - Explain.

Or

- (b) Type of levers — Explain with example in sports settings.
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Reg. No. :

Code No. : 20401 E Sub. Code : ASPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

Skill Based Subject — PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Sports training improves
 - (a) Physical fitness
 - (b) Motor skills
 - (c) Tactical ability
 - (d) All of these

2. Development of positive attitude towards competition is a
 - (a) Physical
 - (b) Social
 - (c) Mental
 - (d) Physiological

3. Total work done in one training session is called
 - (a) Intensity
 - (b) Volume
 - (c) Overload
 - (d) Frequency
4. Immediate increase of training load without any adaptation is
 - (a) overload
 - (b) intensity
 - (c) fatigue
 - (d) volume
5. Ability to change direction suddenly with maximum possible speed is
 - (a) speed
 - (b) endurance
 - (c) displacement
 - (d) agility
6. Select the activity could develop the endurance
 - (a) Sprint
 - (b) Aerobic dance
 - (c) Plyometrics
 - (d) Circuit training
7. The quality or state of being strong
 - (a) Agility
 - (b) Flexibility
 - (c) Strength
 - (d) Speed
8. Ability to assume and maintain a position at full range of motion around one joint
 - (a) Coordination
 - (b) Static flexibility
 - (c) Dynamic flexibility
 - (d) Passive flexibility
9. Duration of 6-12 months is a _____ cycle.
 - (a) Macro
 - (b) Meso
 - (c) Micro
 - (d) Olympic

10. Smallest unit of the training period is called
(a) Training session (b) Micro cycle
(c) Macro cycle (d) Meso cycle

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Objective of sports training – Explain.
Or
(b) Characteristics of sports training.
12. (a) Symptoms of overload.
Or
(b) Write notes on supercompensation.
13. (a) Explain – forms of endurance.
Or
(b) Define and write the importance speed and endurance in sports.
14. (a) Forms of flexibility – Explain.
Or
(b) How to develop coordination for sportsperson?
15. (a) Meso cycles – Explain with example.
Or
(b) Training session – Explain.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Principles of sports training – Explain.
Or
(b) Application of sports training in training and coaching – Explain.
17. (a) Explain – components of load.
Or
(b) Load and adaptation – Explain.
18. (a) Write the means and methods of improving speed.
Or
(b) Write the means and methods of improving endurance.
19. (a) Means and methods of improving strength – Explain.
Or
(b) Means and methods of improving flexibility – Explain.
20. (a) Explain – preparatory, competitive and transitional period in periodization.
Or
(b) Meaning and types of training plan – Explain.

Reg. No. :

Code No. : 20402 E Sub. Code : ASPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education

Skill Based Subject — SPORTS PSYCHOLOGY AND
SOCIOLOGY

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. _____ is the study of human behavior and its relationship.
(a) Psychology (b) Motivation
(c) Sports psychology (d) Learning

2. Father of psychology is
(a) Sigmund Freud (b) Thorndike
(c) Wilhelm Wundt (d) Ian Pavlov

3. In the word personality, 'persona' means
 - (a) gloves
 - (b) face
 - (c) facial mask
 - (d) cloth
4. Psychoanalytic theory doesn't have
 - (a) Id
 - (b) ego
 - (c) super ego
 - (d) mood
5. Motivation means
 - (a) push towards a goal
 - (b) deep thinking
 - (c) learning
 - (d) depressed mood
6. Which of the following is an intrinsic motivation?
 - (a) payment
 - (b) gift
 - (c) promotion
 - (d) interest of play
7. A stage where there is no development is called
 - (a) Plateau
 - (b) Steady rise
 - (c) Decline
 - (d) Initial spurt
8. In trial and error learning, thorndike experimented with
 - (a) dog
 - (b) cat
 - (c) fish
 - (d) monkey
9. Sociology is a science of human
 - (a) social behavior
 - (b) behavior
 - (c) mind
 - (d) body parts

10. Dhoni was an example of _____ leader.
(a) Autocratic (b) Democratic
(c) Laissez-faire (d) None of the above

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) What are the difference between psychology and sports psychology?
Or
(b) What is the need of sports psychology?
12. (a) Write the meaning of personality.
Or
(b) Explain the method of developing personality.
13. (a) Differentiate intrinsic motivation from extrinsic motivation.
Or
(b) What is meant by achievement motivation?
14. (a) Draw the learning curve.
Or
(b) Explain the laws of learning, proposed by Thorndike.
15. (a) Write the meaning of sociology and sports sociology.
Or
(b) What are the importance of sports sociology?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) How is psychology used in sports?
Or
(b) Explain the history of sports psychology.
17. (a) Mention the factors influencing personality development.
Or
(b) Briefly explain psychoanalytic theory of personality.
18. (a) Explain Maslow's theory of motivation.
Or
(b) Analyze the role of motivation in sports performance.
19. (a) Explain the types of learning.
Or
(b) Describe three types of transfer of learning.
20. (a) Analyze the impact of sports on society.
Or
(b) Mention the characteristics of a leader.
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Reg. No. :

Code No.: 20404 E Sub. Code: ANPE 41

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education — Non Major Elective

FITNESS AND WELLNESS

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which of the following is not the part of wellness
(a) Physical wellness (b) Social wellness
(c) Mental wellness (d) Anxiety

2. The scientific meaning of wellness is the state of being healthy and _____
(a) Sorrow (b) Free from disease
(c) Stress (d) Anxiety

3. This characterizes ageing
 - (a) Increase in the consumption of oxygen
 - (b) Increased anabolism
 - (c) Increased metabolic activity
 - (d) A decrease in the metabolic activity
4. The study of different aspects of ageing is known as
 - (a) Gerontology
 - (b) Gynecology
 - (c) Odontology
 - (d) Chronology
5. Which of these affects the physical fitness of an individual?
 - (a) Puberty
 - (b) Weakness
 - (c) Heredity
 - (d) All of the above
6. The ability to change direction quickly while the body is in motion is
 - (a) Speed
 - (b) Flexibility
 - (c) Agility
 - (d) Strength
7. Full form of BMI
 - (a) Body Mass Index
 - (b) Body Mass Indication
 - (c) Body Measurement Index
 - (d) None of the above
8. State of complete physical, mental and social well being and not merely absence of infirmity are called _____
 - (a) Social health
 - (b) Health
 - (c) Physical health
 - (d) Mental health

9. Which physical fitness test is used to assess cardiovascular endurance?
(a) push - ups test (b) sit and reach
(c) sit-ups test (d) cooper run test
10. The ability of body to execute movement with greater amplitude or range is called
(a) Strength (b) Flexibility
(c) Body composition (d) Stamina

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the component of physical fitness.
Or
(b) Briefly explain the concept of fitness.
12. (a) Briefly explain aging.
Or
(b) Explain the factors influence of aging.
13. (a) Briefly explain about physical fitness.
Or
(b) Short notes on Physiological fitness.
14. (a) Briefly explain diabetes.
Or
(b) Explain the causes of diabetes.
15. (a) Briefly explain strength assessment test.
Or
(b) Briefly explain speed assessment test.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) Discuss on health and wellness.

Or

- (b) Write the need and important of fitness and wellness.

17. (a) Write the difference between a sports and a hobby.

Or

- (b) Enumerate stress management through exercise.

18. (a) Explain - social fitness

Or

- (b) Explain - mental fitness.

19. (a) Explain on weight management program.

Or

- (b) Explain the causes of obesity.

20. (a) Explain cardio respiratory assessment test.

Or

- (b) Explain flexibility assessment test.

(6 pages)

Reg. No. :

Code No. : 20405 E Sub. Code : AEPE 51

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023

Fifth Semester

Physical Education – Major Elective

PRINCIPLES OF MOTOR DEVELOPMENT

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The period of early childhood is
 - (a) 3 to 6 years
 - (b) 11 to 12 years
 - (c) 7 to 10 years
 - (d) 1 to 11 years

2. Exercises such as to develop head control, sitting and crawling should be encouraged in which stage of motor development?
 - (a) Early Childhood
 - (b) Adolescence
 - (c) Infancy
 - (d) Later Childhood

3. In Which stage of motor development, emphasis for participation in sports rather than competition?
 - (a) Early Childhood
 - (b) Adolescence
 - (c) Infancy
 - (d) Later Childhood
4. Fine motor development is linked with
 - (a) Large muscles of the body
 - (b) Small muscles of the body
 - (c) Both of these
 - (d) None of these
5. Which one of the following is not related with gross motor development?
 - (a) Sitting
 - (b) Walking
 - (c) Climbing
 - (d) Smashing a volleyball
6. Which type of motor development takes place in the skeleton of the body?
 - (a) Gross motor development
 - (b) Fine motor development
 - (c) High motor development
 - (d) Small motor development

7. The first stage of the motor development in a child is
- (a) Early Childhood (b) Infant hood
(c) Adolescence (d) Adult hood
8. The range of age in third stage of motor development is between
- (a) 12 to 16 years (b) 2 to 6 years
(c) 1 to 6 years (d) None of these
9. Fine motor development uses the _____ muscles to carryout the precise activities
- (a) Small
(b) Large
(c) Both small and large
(d) Neither small and large
10. Which one of the following factor is not influencing the motor development of a child?
- (a) Sensory Integration
(b) Muscle Tone
(c) Confidence
(d) Endurance

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain about the concept of motor development.

Or

- (b) Explain about motor control in detail.

12. (a) Explain about LTAD in detail.

Or

- (b) Explain the different levels of growth of human being.

13. (a) Differentiate locomotor and non-locomotor in detail.

Or

- (b) Explain about the need of motor development in sports skills.

14. (a) Explain about the space awareness in detail.

Or

- (b) Explain about the methods to develop the balance.

15. (a) Explain about need of effort in movement concepts.

Or

- (b) Explain about the perceptual development in detail.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain about the theoretical perspectives of motor development.

Or

- (b) Explain the concept of physical literacy in detail.

17. (a) Explain about the types of motor skills in detail.

Or

- (b) Explain about the movement milestone in children.

18. (a) Differentiate manipulative and rhythmic movement in detail.

Or

(b) Explain about the classifications of motor skills in detail.

19. (a) Explain about the relationship between postural control and balance.

Or

(b) Explain about the development of movement concepts.

20. (a) Explain about social and psycho social constraints in detail.

Or

(b) Explain the need of sensory development in motor skills.

(6 pages)

Reg. No. :

Code No. : 20406 E Sub. Code : AEPE 52

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education – Major Elective

ADAPTED PHYSICAL EDUCATION

(For those who joined in July 202 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1. Children with ADHD are known to have deficit brain areas
 - (a) Perception
 - (b) Motor functioning
 - (c) Executive Functioning
 - (d) Memory

2. Down syndrome is a condition that results in
 - (a) Physical disability
 - (b) Intellectual disability
 - (c) Cognitive disability
 - (d) Affective disorders

3. A child who has difficulty in following directions related to basic spatial movements has
 - (a) Physical disability
 - (b) Intellectual disability
 - (c) Cognitive disability
 - (d) Affective disorders

4. According to WHO, a disability is a
 - (a) health problem
 - (b) activity limitation
 - (c) interaction between individual and society
 - (d) participation restriction

5. To develop abilities of children with special needs, it is essential to have an educational set up that is
 - (a) Inclusive
 - (b) integrated
 - (c) regular mainstream
 - (d) special school

6. The first Integrated Physical education Programme started in
- (a) 1738 (b) 1838
(c) 1900 (d) 1938
7. The founder of Special Olympics was
- (a) Eunice Kennedy Shriver
(b) John F. Kennedy
(c) Lyndon B. Johnson
(d) Donald Trump
8. The first Special Olympics Games were held in
- (a) Paris (b) New York
(c) Chicago (d) Washington
9. The most important area catered to by Adapted Physical Education is
- (a) Physical Health
(b) Mental Health
(c) Social Health
(d) Emotional Health

10. The aim of _____ is to provide equal opportunity to differently-abled students in physical education and sports
- (a) Adorned Physical Training
 - (b) Adapted Physical Education
 - (c) Physical Education
 - (d) Sports

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the meaning and importance of Adapted Physical Education.

Or

- (b) Explain about the purpose of adapted sports.

12. (a) Explain about the stages of motor development.

Or

- (b) Explain about the special learning disability.

13. (a) Explain about the components of IEP.

Or

(b) Explain about the importance of adapted physical education in early child hood.

14. (a) Explain about the different types of behavioral disability.

Or

(b) Explain about the disability with visually impaired.

15. (a) Explain about unique teaching methods to be followed for mentally retarded.

Or

(b) Explain about the need of Para Olympics in detail.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain about the meaning and purposes of Adapted Physical Education.

Or

(b) Explain the aim and objectives of Adapted Physical Education.

17. (a) Explain about the principles of Adapted Physical Education.

Or

(b) Explain about the role of games and sports in teaching IEP.

18. (a) Explain about the learning disability in detail.

Or

(b) Explain about deafness in detail.

19. (a) Explain about the special children and need of physical education activities for them.

Or

(b) Explain about the opportunities for special children through sports.

20. (a) Explain about the need of development of Individual Education Programme.

Or

(b) Explain about the role of Physical Education Teacher in Adapted Physical Education.

(6 pages)

Reg. No. :

Code No. : 20581 E Sub. Code : CMPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

First Semester

Physical Education – Core

FOUNDATION OF PHYSICAL EDUCATION
AND GYMNASTICS

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1. The other name of League Tournament is _____.
 - (a) Round robin Tournament
 - (b) Knock out Tournament
 - (c) Combination Tournament
 - (d) Challenge Tournament

2. India's Highest award for achievement in Sports
- (a) Rajiv Gandhi Award
 - (b) Dronacharya Award
 - (c) Arjuna Award
 - (d) Major Dhyan Chand Award
3. For effective administration the Physical Education teacher must possess
- (a) High qualification
 - (b) Good personality
 - (c) Technical Knowledge and Skills
 - (d) Teaching ability
4. Hunch back is also known as
- (a) Back Pain
 - (b) Scoliosis
 - (c) Lordosis
 - (d) Kyphosis
5. Sports Authority of India established in _____.
- (a) 1981
 - (b) 1881
 - (c) 1982
 - (d) 1882

6. Physical fitness
- (a) Beauty (b) Energy
- (c) Healthy lifestyle (d) Social control
7. How many different schemes are being run by Sports Authority of India to promote sports?
- (a) 5 (b) 6
- (c) 7 (d) 10
8. What is the motto of the 2018 Asian Games?
- (a) Energy of Asia
- (b) Unity of Asia
- (c) Asian sparrow
- (d) None of the above
9. Who was the founder of the modern Olympic?
- (a) Phiolias (b) Alexander
- (c) Coubertin (d) Aemilins cato
10. The Original Olympic Motto is made up to three _____.
- (a) Greek words (b) Latin words
- (c) Hebrew words (d) English words

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) What are the current trends issues and challenges in college and sports?

Or

- (b) Write about the Role of technology used in physical education.

12. (a) Explain the contribution of allied science in physical education.

Or

- (b) Explain the Microscopic anatomy.

13. (a) Write about the Sports in India.

Or

- (b) Write about the Development of Sports in India.

14. (a) Gymnastics - Jumping. Explain.

Or

- (b) What is Gymnastics Downward Dog?

15. (a) What are the methods for Teaching Physical Education Lessons?

Or

- (b) What are the Seven Core Teaching Strategies for Physical Education?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Elaborate the developing 21th century skills and competencies in Physical Education and Sports.

Or

- (b) What are the Current trends in school PE and sports?

17. (a) Anatomy – Explain.

Or

- (b) Write about Kinesiology.

18. (a) Sports development in India. Elaborate.

Or

- (b) Explain Olympic symbols.

19. (a) Write the Safety Tips in Gymnastics.

Or

(b) Write about the Safety in Gymnastics.

20. (a) What are the factors affecting the Effectiveness of the Teaching Strategies Employed?

Or

(b) What are the Teaching styles in Physical Education?

(6 pages)

Reg. No. :

Code No. : 20582 E Sub. Code : CMPE 21

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Second Semester

Physical Education – Core

THEORIES OF GAMES – I

(Kabaddi, Kho-Kho, Handball)

(For those who joined in July 2021-2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1. When was the Prro Kabaddi league launched?
 - (a) 2002
 - (b) 2004
 - (c) 2012
 - (d) 2014

2. In which year International Kho-Kho Federation established?
- (a) 1999 (b) 2009
(c) 2006 (d) 2018
3. When is super-tackle on?
- (a) When 5 or more than 3 players on the court
(b) When 7 or more than 7 players on the court
(c) When 7 or less than 7 players on the court
(d) When 3 or less than 3 players on the court
4. Which of the following term is not related with Handball?
- (a) Corner throw
(b) Penalty
(c) Throw-in
(d) Penalty stroke
5. In which year Kabaddi Federation of India was formed?
- (a) 1951 (b) 1925
(c) 1952 (d) 1957

6. Which of the following is not punishment in Handball?
- (a) 5 minute suspension
 - (b) Yellow card
 - (c) 2 minute suspension
 - (d) Red card
7. How many points is a goal worth in Handball game?
- (a) 1
 - (b) 2
 - (c) 3
 - (d) 6
8. What is the first stage of a warm up?
- (a) Pulse raiser
 - (b) Sport Specific Skills
 - (c) Mental preparation
 - (d) Dynamic stretching
9. Which of these is not a reason why we complete a cool down?
- (a) Remove Lactic acid
 - (b) Prevent DOMs
 - (c) Reduce Muscle Temperature
 - (d) Increasing Heart rate

10. Which of the following is not a handball sanction a referee can award?
- (a) Red card
 - (b) Suspension
 - (c) Remove points for infringement
 - (d) Yellow card

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Briefly explain the History of Handball.
- Or
- (b) List down the major competition of Kabaddi game and explain any two.
12. (a) Write any two drills in Kho-Kho game and explain briefly.
- Or
- (b) Explain any two basic skills in Kabaddi game.
13. (a) Explain system of play in the game of Handball.
- Or
- (b) Write any two lead up games in Kabaddi games.

14. (a) Write short note on warm up and cool down.

Or

(b) List down the fitness components and explain.

15. (a) Explain the methods of officiating in Handball.

Or

(b) Describe the scoring system in Kabaddi game.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain History of the game of Kabaddi in India.

Or

(b) Draw a organizational chart in the game of Kho-Kho.

17. (a) Explain the scientific principles applied in the game of Kabaddi.

Or

(b) List down the Fundamentals skills in the games of Handball and explain any three.

18. (a) Describe the pre and post match preparation in the game of Kho-Kho.

Or

- (b) Define Tactics and explain any three Tactics in the game of Kabaddi.

19. (a) Explain the training method to develop fitness.

Or

- (b) What are the factors influencing performance in Kabaddi?

20. (a) Draw a Kabaddi Court and write its all measurements.

Or

- (b) How to maintain the play fields? Explain.

(6 pages)

Reg. No. :

Code No. : 20583 E Sub. Code : CMPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education – Core

METHODS IN PHYSICAL EDUCATION

(For those who joined in July 2021-2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The technique or procedure adopted by a teacher to bring about desirable changes in his pupils is
 - (a) Technique
 - (b) Tactics
 - (c) Strategy
 - (d) Methods

2. Teaching a topic in History is the example for
 - (a) Past experience
 - (b) Situation
 - (c) Subject matter
 - (d) Evaluation

3. A well groomed appearance of teacher is
- (a) Technical preparation
 - (b) Formal preparation
 - (c) Informal preparation
 - (d) Personal preparation
4. Arrange teaching aids, ground marking and essential marking before teaching is
- (a) Formal preparation
 - (b) Informal preparation
 - (c) Technical preparation
 - (d) Tactical preparation
5. Formal part in general lesson plan is about _____ of the total time may be utilized
- (a) $1/4$
 - (b) $1/5$
 - (c) $1/7$
 - (d) $1/8$
6. Special part in general lesson plan is about _____ of the total time may be utilized
- (a) $1/6$
 - (b) $1/5$
 - (c) $1/4$
 - (d) $1/3$

7. The teacher demonstrate the activity with a brief explanation is
- (a) Part method
 - (b) Whole method
 - (c) Demonstration method
 - (d) Dramatized method
8. A particular activity is broken in to its meaning pails and taught is
- (a) Whole method
 - (b) Demonstration method
 - (c) Part method
 - (d) Dramatized method
9. Knock out is otherwise called as _____ tournament
- (a) League
 - (b) Elimination
 - (c) Challenge
 - (d) Combined
10. Ladder tournament is a _____ tournament
- (a) Knock out
 - (b) League
 - (c) Combination
 - (d) Challenge

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Comment on the scientific principles in teaching methods of physical education.

Or

- (b) Discuss about past experience of the pupils in teaching methods.

12. (a) Elaborate the general class management.

Or

- (b) Write the principles for a good class management.

13. (a) Write the values of lesson plan.

Or

- (b) Differentiate from general to particular lesson plan.

14. (a) Discuss about the dramatization method.

Or

- (b) Specify the merits of progressive part method of teaching.

15. (a) Draw a knock out fixtures for 18 teams.

Or

(b) Enumerate combination tournament.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) Write the meaning and importance of methods in physical education.

Or

(b) Elucidate the factors influencing methods.

17. (a) Enumerate the steps in the way of presentation.

Or

(b) Explain the presentation techniques.

18. (a) Clarify the procedure of general lesson plan.

Or

(b) Prepare a 45 min general lesson plan for 7th std boys.

19. (a) Explain the methods of teaching physical activities.

Or

(b) Enlighten the different methods of teaching Long jump and justify the best method.

20. (a) How will you conduct a sports meet.

Or

(b) Write the merits and demerits of intramural and extramural competition.

(6 pages)

Reg. No. :

Code No. : 20584 E Sub. Code : CMPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education – Core

ORGANIZATION AND ADMINISTRATION IN
PHYSICAL EDUCATION

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Organisation means 'Planning the work' and administration means
 - (a) Controlling
 - (b) Processing information
 - (c) Decision Making
 - (d) Working the plan

2. Administration and organization of physical education should be based on the principles of
 - (a) Activity
 - (b) BIO-Mechanics
 - (c) Humanity
 - (d) Teaching
3. Which of the following is not a possible weight of a shuttle cork
 - (a) 5.4 grams
 - (b) 4.8 grams
 - (c) 5.1 grams
 - (d) 5.7 grams
4. Which game initially was called “Jeu de Paume”?
 - (a) Badminton
 - (b) Tennis
 - (c) Ball Badminton
 - (d) None
5. The objectives of planning in a sports tournament do not consist of:
 - (a) Management of a tournament
 - (b) Finding out the causes of failure
 - (c) Distributing work according to the ability
 - (d) Achieving the target on time
6. What do you mean by planning
 - (a) Deciding in advance what is to be done
 - (b) Motivating towards training
 - (c) Thinking about past
 - (d) Organising tournament

7. Which of the following devices is used to record swimmers times at major competitions?
- (a) Stop watches (b) Touch pads
- (c) GPS timers (d) None of these above
8. Buildings belonging to group 'C' according to national building code
- (a) Educational (b) Assembly
- (c) Residential (d) Institutional
9. Cost of materials required for physical education programme can be met from the
- (a) Finance
- (b) Budget
- (c) Games fund
- (d) Total revenue of the year
10. Shows each student ability and his improvement in the activity of physical education
- (a) Records (b) Intellectual
- (c) Perception (d) Knowledge

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Write a short note on Army Boys Sports Companies (ABSC).

Or

- (b) Write a COME and PLAY Scheme.

12. (a) Detailed Measurements and Dimensions of a hockey field.

Or

- (b) Enumerate the daily maintenance of cricket field.

13. (a) What are the guiding principles of supervision?

Or

- (b) Write meaning and definition of supervision.

14. (a) Explain the types of facilities in gymnasium.

Or

- (b) Describe the time table management.

15. (a) Explain the guiding factors for the preparation of budget.

Or

- (b) Enumerate the rules of utilization of games fund in a school.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Explain the meaning and importance of organization and administration.

Or

- (b) Describe Maulana Abul Kalam Azad (MAKA) Trophy Scheme.

17. (a) Draw a neat diagram of Ball Badminton Court with all marking and measurements.

Or

- (b) Draw a neat diagram of Football field with all marking and measurements.

18. (a) Explain the qualities and qualification of physical education teacher.

Or

- (b) Describe the techniques of supervision.

19. (a) Explain the need and importance of swimming pool.

Or

(b) Explain the values of time table.

20. (a) Explain the stock register and attendance register.

Or

(b) Write down the rules of expenditure.

(6 pages)

Reg. No. :

Code No. : 20585 E Sub. Code : CMPE 51

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023

Fifth Semester

Physical Education – Core

EXERCISE PHYSIOLOGY

(For those who joined in July 2021–2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Physiology is the branch of biology dealing with the functions and activities of
 - (a) living organisms (b) living place
 - (c) taking food (d) playing

2. A French physician. who first introduced the term “physiology “is
- (a) Jeen coach (b) John Berman
(c) John coach (d) Jean Fernel
3. The pulmonary circulation is a short loop from the heart to the
- (a) Eye (b) lungs
(c) Liver (d) Ear
4. The blood transports the gases to and from the tissue cells
- (a) is called external respiration
(b) is called internal respiration
(c) is called locomotor
(d) is called skill
5. Regular physical activity can improve your
- (a) Knowledge (b) power
(c) muscle strength (d) memory power
6. Best exercise for nerves is
- (a) studying (b) Massaging
(c) sleeping (d) eating

7. The chemical reactions in the body's cells that change food into energy is
- (a) Workout (b) playing
(c) rest (d) Metabolism
8. Mild to moderate physical activity is usually good if you have a
- (a) common cold (b) fever
(c) leg fracture (d) hand fracture
9. It increases your heart rate and therefore your blood flow.
- (a) Warm down (b) jumping
(c) setting (d) Warming up
10. A temporary oxygen shortage in the body tissues arising from exercise is called
- (a) Carbon debt (b) Oxygen debt
(c) Energy debt (d) Warming debt

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define the Physiology in physical education.

Or

- (b) Define the importance of exercise physiology.

12. (a) What is cardio respiratory physiology?

Or

- (b) Explain cardio respiratory respiration.

13. (a) Define the best exercise for the nervous system?

Or

- (b) What are the three types of muscle tone?

14. (a) Define Metabolism.

Or

- (b) How aerobic metabolism change to energy?

15. (a) What are the Factors affecting Motor Development?

Or

- (b) What is motor fatigue?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write briefly about the importance of exercise physiology.

Or

- (b) Describe the physiological aspects of exercise and sports?

17. (a) Write down the types of blood circulation.

Or

- (b) What are the parts of respiratory system?

18. (a) Explain how to develop muscular system.

Or

- (b) Describe how develop the Effects of Exercise on the Skeletal System?

19. (a) What are the major differences between aerobic and anaerobic metabolism give an example of an aerobic reaction and an anaerobic reaction?

Or

- (b) Write detail about the Benefits of High Altitude Training.

20. (a) Describe the two components of oxygen debt and its types?

Or

(b) Write in details about the types of doping.

(6 pages)

Reg. No. :

Code No. : 20586 E Sub. Code : CMPE 52

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023

Fifth Semester

Physical Education — Core

TEST, MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. _____ means appraisal or assessment with respect to some standard.
 - (a) Test
 - (b) Measurement
 - (c) Evaluation
 - (d) Supervision

2. Which one of the following is not in reliability?
- (a) test-retest (b) split half
(c) face validity (d) parallel forms
3. Which one of the following is not in Validity?
- (a) Subject rating
(b) Composite scores
(c) Tournament standing
(d) Split half
4. 30 m fly run test is used to find the _____ of the player.
- (a) Speed (b) Strength
(c) Flexibility (d) Endurance
5. How many test items are there in JCR test?
- (a) 3 (b) 4
(c) 5 (d) 6
6. How many test items are there in Barrow motor ability test?
- (a) 3 (b) 4
(c) 5 (d) 6

7. Cooper's 12 minutes run and walk test is used to measure
- (a) Flexibility
 - (b) Strength
 - (c) Speed
 - (d) Cardiovascular endurance
8. Shuttle run test is used to find _____ of the player.
- (a) Speed
 - (b) Strength
 - (c) Agility
 - (d) Endurance
9. How many trials will be given for French short service skill test?
- (a) 5
 - (b) 10
 - (c) 25
 - (d) 20
10. French short service skill test is used to find the _____ players skill ability.
- (a) Foot ball
 - (b) Basket ball
 - (c) Tennis
 - (d) Badminton

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Comment on test.

Or

(b) Comment on measurement.

12. (a) Explain standardized test.

Or

(b) Explain teacher made test.

13. (a) How will you conduct JCR test?

Or

(b) Explain Barrow motor ability test.

14. (a) Explain cooper's 12 min run and walk test.

Or

(b) Explain sit and reach test.

15. (a) Explain Hewitt Tennis test.

Or

(b) Explain SAI Hockey Skill test.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the need and importance of measurement and evaluation in physical education.

Or

- (b) Explain the classification of test.

17. (a) Explain the criteria of selecting the test.

Or

- (b) How will you construct sports skill test?

18. (a) Explain the AAPHERD health related Physical Fitness test.

Or

- (b) Explain Harvard step test.

19. (a) How will you conduct standing broad jump?

Or

- (b) Explain in detail about SDAT World Beaters Scheme test for school boys.

20. (a) Diagrammatically explain Johnson Basketball skill test.

Or

(b) Write the procedure to conduct Brady Volleyball skill test.

Reg. No. :

Code No. : 20587 E Sub. Code : CMPE 53

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education – Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2020–2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. What does the word “athlete” mean in Greek.
(a) Strength (b) Speed
(c) Competition (d) Power

2. How often is the World athletics championships held.
(a) Every year (b) Every two years
(c) Every four years (d) Every three years

3. Which of the following is a track event?
(a) Long jump (b) High jump
(c) Shotput (d) 100mt run
4. How many hurdles are in the 110-meter hurdles event in Athletics?
(a) 8 (b) 9
(c) 10 (d) 11
5. Maximum number of spikes used in the sole of shoes of athlete during competition
(a) 11 (b) 12
(c) 23 (d) 13
6. Which of the following is not a throwing event in Athletics?
(a) Shot put (b) Discus throw
(c) Javelin throw (d) Pole vault
7. What is the distance of the marathon race in Athletics?
(a) 21.0975 km (b) 26.2 miles
(c) 42.195 (d) 50 km
8. What is decathlon in athletics?
(a) An event with 3 field and track events
(b) An event with 7 fields and track events
(c) An event with 8 fields and track events
(d) An event with 10 fields and track events
9. Length of landing area in high jump in
(a) 4 m (b) 6 m
(d) 5 m (d) 7 m

10. The maximum weight of the cross bar shall be in pole vault
(a) 2.25 kg (b) 2.23 kg
(c) 2.34 kg (d) 2.2 kg

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Briefly explain Asian Athletics Association.
Or
(b) Explain the organization set up of AFI.
12. (a) List down the track events.
Or
(b) Explain the starting technique in sprint events.
13. (a) Described the formula to calculate stagger in a standard track.
Or
(b) Briefly explain the techniques in pole vault.
14. (a) Explain the general and specific rules to conduct javelin throw.
Or
(b) Briefly explain pentathlon.
15. (a) Write a short notes on stagger.
Or
(b) List down the duties of the time keeper in athletics.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the organization setup of IAAF.

Or

- (b) Explain the history of track and field in India.

17. (a) Explain the rules and regulation of high jump.

Or

- (b) Explain the proper body position and foot placement of long distance runners.

18. (a) Explain the rotation technique in discus throw.

Or

- (b) Explain the take off and flying phase technique in long jump.

19. (a) Discuss the various patterns of baton exchange in relay.

Or

- (b) Explain the scoring systems of Decathlon.

20. (a) Calculate RDR and CDR for a 200 mts non standard track.

Or

- (b) Draw the 400 mts standard track when the straight is 84.39 calculate the CDR and RDR values.

Reg. No. :

Code No. : 20588 E Sub. Code : CAPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

First Semester

Physical Education — Allied

BASIC ANATOMY AND PHYSIOLOGY

(For those who joined in July 2021-2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Anatomy is the study of the _____ of the human body.
(a) Function (b) Structure
(c) Motion (d) Action
2. The smallest bone in the human body is
(a) Stapes (b) Tibia
(c) Ulna (d) Femur
3. The voluntary muscle is otherwise known as
(a) Smooth (b) Straited
(c) Unstrained (d) Unstriped

4. The shape of lungs is _____.
- (a) Oval (b) Conical
(c) Square (d) Round
5. The normal range cardiac output pumps about _____ of blood every minute at rest.
- (a) 3 to 5 liters (b) 5 to 7 liters
(c) 5 to 6 liters (d) 6 to 8 liters
6. The name of middle part of small intestine is called
- (a) Pancreas (b) Duodenum
(c) Ileum (d) Jejunum
7. The inner layer of human heart is called
- (a) Epicardium (b) Myocardium
(c) Endocardium (d) Pericardium
8. The largest part of the human brain is
- (a) Cerebrum (b) Cerebellum
(c) Medulla oblongata (d) Brain stem
9. The outer layer of skin is called
- (a) Epidermis (b) Dermis
(c) Subcutaneous (d) Follicle
10. How many bones are there in vertebral column?
- (a) 28 (b) 33
(c) 35 (d) 42

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) What is meant by Anatomy?

Or

(b) Point out the types of bones.

12. (a) Give a note on cardiac cycle.

Or

(b) List out the forms of joints in human body.

13. (a) Mention the parts of brain.

Or

(b) List out the endocrine glands of human body.

14. (a) Write down the cell division.

Or

(b) Bring out the chambers of heart.

15. (a) What is reflex action?

Or

(b) Write a note on blood clotting.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write down the role of Anatomy and Physiology in sports.

Or

- (b) Illustrate the types of muscles.

17. (a) Mention the structure of small intestine and list out its parts.

Or

- (b) Write down the functions of large intestine.

18. (a) How to examine the blood pressure explain.

Or

- (b) Elucidate the function of cardiac output.

19. (a) Mention the structure of spinal cord.

Or

- (b) Explain the functions of endocrine glands.

20. (a) Draw a structure of heart and mention its functions.

Or

- (b) Draw a structure of kidney and mention its functions.

(6 pages)

Reg. No. :

Code No. : 20589 E Sub. Code : CAPE 21

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Second Semester

Physical Education — Allied

HEALTH EDUCATION, SAFETY EDUCATION AND
FIRST AID

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the corrective answer :

1. Which of the following factors is necessary for a healthy person?
 - (a) Vaccination
 - (b) Balanced diet
 - (c) Personal hygiene
 - (d) All of the above

2. The ABC basic life support are
- (a) Airway, Breathing, Circulation
 - (b) Airway, Bridge, Canal
 - (c) Action, Breathing, Circulation
 - (d) Ambulance, Bridge, Circulation
3. Which one of the following is not a bacterial disease?
- (a) AIDS
 - (b) Dengue
 - (c) Measles
 - (d) All of the above
4. Which of the following is not a type of fracture?
- (a) Stress fracture
 - (b) Oblique
 - (c) Comminuted
 - (d) Contusion
5. The main cause of contagious disease is _____.
- (a) Contaminated Air
 - (b) Contaminated Food
 - (c) Poor hygienic conditions
 - (d) All of the above

6. When was the world first aid used
- (a) 1879 (b) 1899
(c) 1869 (d) 1871
7. Most common fracture in children is
- (a) Red stick fracture
(b) Yellow stick fracture
(c) Blue stick fracture
(d) Green stick fracture
8. Which of the following is the main cause for transmission of the Hepatitis virus?
- (a) The bite of a mosquito
(b) Sharing drug needles
(c) Drinking contaminated water
(d) All of the above
9. Cleanliness, physical exercise rest and sleep are a part of _____.
- (a) Hygiene (b) Social hygiene
(c) Personal hygiene (d) None of the above

10. Which of the following diseases is also called as “Salmonella enterica serotype Typhi”?
- (a) Typhoid (b) Malaria
(c) Diarrhea (d) Yellow fever

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the nature and scope of health education.

Or

- (b) Explain the concept of health.

12. (a) Write the meaning of food adulteration.

Or

- (b) Briefly explain overweight and obesity.

13. (a) Briefly explain drug abuse.

Or

- (b) Describe the importance of healthy eating.

14. (a) Write the meaning of comprehensive health education.

Or

(b) Explain the principles of safety education.

15. (a) Write the meaning and definition of first aid.

Or

(b) Briefly explain the types of bleeding.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the health care services in India.

Or

(b) Narrate the spectrum and dimension of health.

17. (a) Discuss on nutritional deficiencies diseases.

Or

(b) Write a essay on environmental pollution and sanitation.

18. (a) Discuss on mental and emotional health.

Or

(b) Explain the personal health and wellness.

19. (a) Write the need and importance of health education.

Or

(b) Describe the importance of evaluation on health education program.

20. (a) Explain the need for safety education in physical education.

Or

(b) Explain in principles of first aid.

(6 pages)

Reg. No. :

Code No. : 20590 E Sub. Code : CAPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education – Allied

THEORIES OF GAMES – II (Badminton, Ball
Badminton and Tennis)

(For those who joined in July 2021 – 2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Total number of feathers in shuttle is
 - (a) 12
 - (b) 14
 - (c) 16
 - (d) 18

2. Height of the net in Badminton is
 - (a) 4 feet
 - (b) 3 feet
 - (c) 5 feet
 - (d) 6 feet

3. In 1972, Arjuna Award in Ball Badminton was conferred on _____.
- (a) J. Pitchyya
 - (b) Ms. J. Srinivasan
 - (c) A. Kareem
 - (d) L.A. Iqbal
4. _____ is the old name of the badminton game.
- (a) China
 - (b) Ghana
 - (c) Poona
 - (d) Rana
5. Ball badminton originated in
- (a) Australia
 - (b) England
 - (c) India
 - (d) China
6. Colour of the ball in the game of ball badminton.
- (a) yellow
 - (b) black
 - (c) blue
 - (d) red
7. Weight of the racket is
- (a) max 300 g
 - (b) max 200
 - (c) max 100 g
 - (d) max 50

8. Name of the four points in tennis is
- (a) love, 15, 30, 40
 - (b) 1 love, 15, 30, 45
 - (c) love, 15, 35, 40
 - (d) love, 5, 10, 15
9. Who is organizing Wimbledon championship?
- (a) India (b) England
 - (c) Russia (d) America
10. The modern game of tennis originated in
- (a) Russia (b) England
 - (c) India (d) Pakistan

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Elaborate the history of Ball badminton.

Or

- (b) List down the major competitions for badminton and explain any one.

12. (a) Which drills will develop Service skill in Tennis and explain the drill with diagram?

Or

(b) Enumerate scientific principles applied in badminton.

13. (a) Write about pre-match preparation.

Or

(b) Comment on tactics and strategy.

14. (a) Discuss about the training method to develop Speed.

Or

(b) Write the factors influencing performance.

15. (a) List down the officials in Badminton and write the duties of any two officials.

Or

(b) Expound the duties of officials in tennis.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) List down the major competition in Tennis and Write the procedure of participation in major competitions.

Or

- (b) Explain the origin and development of Ball badminton game.

17. (a) Explicate the fundamental skills in Badminton.

Or

- (b) Elucidate the fundamental skills in ball badminton.

18. (a) List down the lead up games to develop smashing skill in badminton and explain with diagram.

Or

- (b) Explain the role of coaches during the tennis competition.

19. (a) Explain the general warm and specific warm up in the game of Ball badminton.

Or

- (b) Explain the physiological effect of warm up.

20. (a) Draw a neat diagram of Badminton court with all its measurements.

Or

- (b) Explain the lay out and maintenance of tennis court.
-

(6 pages)

Reg. No. :

Code No. : 20591 E Sub. Code : CAPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education – Allied

SPORTS BIOMECHANICS AND KINESIOLOGY

(For those who joined in July 2021-2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The scientific study of human movement is called as
 - (a) Kinesiology
 - (b) Physiology
 - (c) Psychology
 - (d) Body science

2. How many pairs of planes and axis?
 - (a) 2
 - (b) 3
 - (c) 4
 - (d) 5

3. HUNCH BACK is also known as
 - (a) Lordosis
 - (b) Kyphosis
 - (c) Scoliosis
 - (d) Back Pain

4. Exercise to develop motor skills like hopping, catching are prescribed in which stage?
 - (a) Early childhood
 - (b) Infancy
 - (c) Adulthood
 - (d) Middle Childhood

5. The origin and insertion of biceps
 - (a) Scapula and Radius
 - (b) Radial groove and Ulna
 - (c) Acromion and Scapular spine
 - (d) Radius and Humerus

6. What are the hamstring group of muscles
 - (a) Semimembranosus.
 - (b) Semitendinosus.
 - (c) Biceps femoris - Long head and Short head
 - (d) All of the above

7. A muscle Speed is defined as
- (a) The change of distance with respect to time
 - (b) The rate of change of distance
 - (c) Distance moved per unit time
 - (d) All of the above
8. If angular velocity (ω) is expressed as the formula $\omega = 2\pi v$, then here 'v' represents _____
- (a) velocity
 - (b) time period
 - (c) angular displacement
 - (d) frequency
9. Which type of lever is used while we curl our biceps
- (a) Class I
 - (b) Class II
 - (c) Class III
 - (d) None of the above
10. Newton's Third Law of Motion can be primarily used to explain
- (a) Running and jumping
 - (b) Throwing and catching
 - (c) Kicking and hitting
 - (d) Bowling and batting

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write a meaning and definition of kinesiology.

Or

- (b) Write a short note on flexion and extension.

12. (a) Mention the corrective exercises related to scoliosis.

Or

- (b) Write a short note on postural deformities.

13. (a) Write the origin and insertion of rectus femoris.

Or

- (b) What are the muscles are in the lower extremity?

14. (a) Write a short note on speed and acceleration.

Or

- (b) Elucidate angular kinematics.

15. (a) Describe the levers system in biomechanics.

Or

- (b) Write a short note on power and energy.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write the meaning, history and objectives of kinesiology for physical education.

Or

- (b) Describe about the axes and planes of body movements performs.

17. (a) Suggest any five physical exercises as corrective measures for kyphosis and lordosis

Or

- (b) What are the main causes of poor posture? Explain each cause briefly?

18. (a) Write and explain the location and action of lower extremity muscles.

Or

- (b) Discuss about the structure and sections of deltoid muscles.

19. (a) Write meaning, aim objectives of biomechanics in physical education and sports

Or

(b) What is projectile motion and write down the terms of projectile motion?

20. (a) Describe the Newton's laws of motion and application in sports?

Or

(b) What is friction and write down the types and its application in sports?

Reg. No. :

Code No. : 20592 E Sub. Code : CSPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

Skill Based Subject — PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2021–2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The basic form of preparation of sportsman is called
 - (a) Sports training (b) Kinesiology
 - (c) Biomechanics (d) Psychology
2. Which one of the following are the principles of sports training —————
 - (a) principle of overload
 - (b) principle of variety
 - (c) principle of continuity
 - (d) all the above

3. Ability of the sportsmen to overcome the resistance with high speed —————
 - (a) Explosive strength
 - (b) Strength endurance
 - (c) Speed endurance
 - (d) Flexibility
4. Circuit training was developed by
 - (a) R.E. Morgan (b) Aristotle
 - (c) Newton (d) Archimides
5. Quickness of movement of limbs is —————
 - (a) Strength (b) Speed
 - (c) Endurance (d) Coordination
6. Essential qualities of weight lifter is
 - (a) Endurance (b) Strength
 - (c) Flexibility (d) Coordination
7. Method to improve flexibility is —————
 - (a) Stretch and hold (b) Climbing
 - (c) Squat trust (d) Weight Lifting
8. ————— exercise should take part before the training session.
 - (a) Strength (b) Warm down
 - (c) Warm up (d) Endurance
9. How many transitional periods in double periodisation?
 - (a) 4 (b) 2
 - (c) 3 (d) 1

10. Which one of the following is not a training cycle?
(a) micro cycle (b) macro cycle
(c) meso cycle (d) bicycle

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Write the importance of sports training.
Or
(b) Write the characteristics of sports training.
12. (a) Explain load intensity.
Or
(b) Write the causes of load.
13. (a) Write the meaning and forms of speed.
Or
(b) Write the meaning and forms of endurance.
14. (a) Write the meaning and forms of flexibility.
Or
(b) Write the meaning and forms of coordination.
15. (a) Write the types of cycle.
Or
(b) Write about preparatory period.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Write the meaning of sports training and discuss the aims of sports training.

Or

- (b) Explain the principles of sports training.

17. (a) What is strength and write the forms of strength?

Or

- (b) Explain the methods of improving strength.

18. (a) Write the methods of improving speed.

Or

- (b) Explain the methods of improving endurance.

19. (a) Explain the methods of improving flexibility.

Or

- (b) Explain the methods of improving coordination.

20. (a) Explain single periodisation.

Or

- (b) Explain double periodisation.

(6 pages)

Reg. No. :

Code No. : 20593 E Sub. Code : CSPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education

Skill Based Subject — SPORTS PSYCHOLOGY AND
SOCIOLOGY

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Psychology was defined as
 - (a) Science of human mind
 - (b) Science of human body
 - (c) Science of human soul
 - (d) Science of human behaviour

2. The word “psychology” comes from the
 - (a) Greek word
 - (b) Latin word
 - (c) French word
 - (d) British word

3. What is sports sociology?
 - (a) The study of the physical aspects of sports
 - (b) The study of the social aspects of sports
 - (c) The study of the psychological aspects of sports
 - (d) The study of the physiological aspects of sports

4. Sports performance is the bi-product of
 - (a) Skill
 - (b) Conditional ability
 - (c) Total personality
 - (d) Tactical ability

5. Rewards and awards are the components of
 - (a) Law of effect
 - (b) Laws of satisfaction
 - (c) Laws of recency
 - (d) Laws of readiness

6. _____ tells what a man will do when placed in a given situation.
 - (a) Motivation
 - (b) Self-confidence
 - (c) Personality
 - (d) Aggression

7. What is intrinsic motivation?
 - (a) comes from within oneself
 - (b) comes from external factors
 - (c) comes from a combination of internal and external factors
 - (d) comes from awards

8. What is self-efficacy in sports psychology?
 - (a) the belief in one's ability to successfully perform a specific task
 - (b) the belief in one's physical ability to compete in sports
 - (c) the belief in one's emotional stability in sports
 - (d) the belief in one's skill ability in sports

9. How can motivation impact sports performance with regards to personality?
 - (a) It can make athletes more agreeable
 - (b) It can enhance athletes personality traits
 - (c) It has no impact on athletes personality
 - (d) It has impact on athletes skills

10. How can the development of achievement motivation be facilitated?
- (a) By setting easy goals
 - (b) By setting unrealistic goals
 - (c) By setting challenging but achievable goals
 - (d) By setting no goals

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Meaning and scope of sports psychology.
- Or
- (b) Relevance of sports psychology in physical education and coaching.
12. (a) What is personality? And Explain its scope in sports.
- Or
- (b) Write the impact of personality on sports performance.
13. (a) What is motivation? And explain its types.
- Or
- (b) Write the impact of motivation on sports performance.

14. (a) Meaning and nature of learning – Explain.

Or

(b) Learning curve – Explain.

15. (a) Explain – nature of sports sociology.

Or

(b) Explain – importance of sports sociology in physical education.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) Write the origin and development of sports psychology.

Or

(b) Write the need for and importance of sports psychology in physical education and sports.

17. (a) Theories of personality in sports – Explain.

Or

(b) Dimensions and development of personality – Explain.

18. (a) Impact of motivation on sports performance – Explain.

Or

(b) Conditions of developing motivation in sports – Discuss.

19. (a) Laws of learning – Explain.

Or

(b) Explain – factors affecting learning.

20. (a) Socialization and value education through physical education – Explain.

Or

(b) Describe – impact of society on sports and vice versa.

Reg. No. :

Code No. : 20594 B Sub. Code : CNPE 31

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

Non Major Elective — PRINCIPLES OF PHYSICAL
LITERACY

(For those who joined in July 2021 – 2022)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

1. ஒரு ஆட்டக்காரர்/குழு ஒரு பொருளை எதிராளியின் மைதானத்திற்குள் அனுப்பும் ஆட்டம், அதனால் அதை விளையாட வோதிருப்பி அனுப்பவோ முடியாது
(அ) படையெடுப்பு விளையாட்டுகள்
(ஆ) நிகர/சுவர் விளையாட்டுகள்
(இ) ஸ்டிரைக்கிங்/பீல்டிங்கேம்கள்
(ஈ) இலக்கு விளையாட்டுகள்

A game in which a player/team send an object into an opponent's court so that it cannot be played or returned is called

- (a) Invasion Games
- (b) Net/Wall Games
- (c) Striking/Fielding Games
- (d) Target Games

2. சிறிய தசைக்குழுக்களைப் பயன்படுத்தி துல்லியமான இயக்கங்கள் அழைக்கப்படுகின்றன

- (அ) மொத்த மோட்டார் திறன்கள்
- (ஆ) சிறந்த மோட்டார்திறன்கள்
- (இ) திறந்ததிறன்கள்
- (ஈ) மூடியதிறன்கள்

Precise movements using small muscle groups are called

- (a) Gross motor skills
- (b) Fine motor skills
- (c) Open skills
- (d) Closed skills

3. வட்டு எறிதல் என கருதலாம்

- (அ) லோகோமோட்டார் திறன்
- (ஆ) லோகோமோட்டார் அல்லாத திறன்
- (இ) கையாளுதல் திறன்
- (ஈ) உடல் மேலாண்மை திறன்

Discus throwing can be considered as

- (a) Locomotors skill
- (b) Non-locomotors skill
- (c) Manipulative skill
- (d) Body management skill

4. வயதுக்குப் பிறகு சிறப்பு விளையாட்டுத் திறன்களைக் கற்பிக்க வேண்டும்

- (அ) 15 ஆண்டுகள் (ஆ) 12 ஆண்டுகள்
- (இ) 7 ஆண்டுகள் (ஈ) 5 ஆண்டுகள்

Specialized sports skills should be taught after the age of

- (a) 15 years (b) 12 years
- (c) 7 years (d) 5 years

5. குழந்தைகள் வயதுக்கு பிறகு போட்டியில் கலந்து கொள்வதில் கவனம் செலுத்த வேண்டும்

- (அ) 12 ஆண்டுகள் (ஆ) 16 ஆண்டுகள்
- (இ) 20 ஆண்டுகள் (ஈ) 24 ஆண்டுகள்

Children should start focus in participating in competition after the age of

- (a) 12 years (b) 16 years
- (c) 20 years (d) 24 years

6. பின்வருவனவற்றில் எது விளையாட்டின் மூலம் உடல் வளர்ச்சியின் அளவுரு அல்ல?

- (அ) மேம்படுத்தப்பட்ட இருதயதிறன்
- (ஆ) சிறந்த தூக்கம்
- (இ) கொழுப்பு இழப்பு
- (ஈ) நேர்மறைமதிப்புகளை உருவாக்குதல்

Which of the following is not a parameter of physical development through sport?

- (a) Improved cardiovascular ability
- (b) Better sleep
- (c) Fat loss
- (d) Developing positive values

7. பின்வருவனவற்றில் எந்த திறன் விளையாட்டு பங்கேற்பால் உருவாகிறது?

- (அ) முடிவெடுக்கும் திறன்
- (ஆ) செறிவு
- (இ) சுய-திறன்
- (ஈ) இவை அனைத்தும்

Which of the following ability is developed by sports participation?

- (a) Decision making ability
- (b) Concentration
- (c) Self-efficacy
- (d) All of these

8. பின்வரும் இலக்குகளில் எது ஐக்கிய நாடுகள் சபையின் நிலையான வளர்ச்சி இலக்குகளில் சேர்க்கப்படவில்லை?
- (அ) வறுமை இல்லை
(ஆ) வியாட்டு வளர்ச்சி
(இ) காலநிலை நடவடிக்கை
(ஈ) சுகாதாரம்

Which of the following goal is not included in sustainable development goals by United Nations?

- (a) No Poverty
(b) Development of Sports
(c) Climate action
(d) Sanitation
9. பின்வருவனவற்றில் எது வார்க்கைத் திறனாகக் கருதப்படவில்லை
- (அ) முடிவெடுக்கும் திறன்
(ஆ) தொடர்பு திறன்
(இ) விளையாட்டு திறன்
(ஈ) தனிநபர் உறவு திறன்

Which of the following is not considered as a life skill?

- (a) Decision making
(b) Communication skill
(c) Sports skill
(d) Interpersonal relationship skills

10. பின்வரும்பாடத்தின் கருத்துக்களை விளையாட்டு மூலம் கற்பிக்க முடியும்

(அ) கணிதம் (ஆ) இயக்கவியல்

(இ) அறிவியல் (ஈ) இவை அனைத்தும்

Concepts of following subject can be taught through sports

(a) Mathematics (b) Mechanics

(c) Science (d) All of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (அ) உடல் கல்வியறிவை வரையறக்கவும்.

Define physical literacy.

Or

(ஆ) சிறப்பு மோட்டார் திறன்கள் பற்றிய சிறு குறிப்புகளை எழுதுங்கள்.

Write short notes on Specialized Motor Skills.

12. (அ) விளையாட்டு பற்றிய கருத்து ஆரோக்கியத்தை வளர்க்கும்.

Comment on sports develop health.

Or

- (ஆ) விளையாட்டு மூலம் பெண்கள் அதிகாரமளித்தல் பற்றிய சிறு குறிப்புகளை எழுதுங்கள்.

Write short notes on Women Empowerment through sports.

13. (அ) பல்வேறு வகையான வாழ்க்கைத் திறன்களைப் பற்றிய சிறு குறிப்புகளை எழுதுங்கள்.

Write short notes on Different kinds of life skills.

Or

- (ஆ) லோகோமோட்டர்கள் மற்றும் லோகோமோட்டர்கள் பற்றிய சிறு குறிப்புகளை எழுதுங்கள்.

Write short notes on locomotors and non locomotors.

14. (அ) இயக்கக் கல்வி என்ற சொல்லை வரையறுத்து விளக்கவும்.

Define and explain the term Movement Education.

Or

- (ஆ) அறிவாற்றல் வளர்ச்சி என்றால் என்ன?

What is cognitive development?

15. (அ) இயக்கத்தின் வகைகள் என்ன?

What are the types of motion?

Or

(ஆ) சுயகருத்து என்றால் என்ன?

What is self-concept?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (அ) உடற்கல்வியில் இயக்கக் கல்வியின் தேவை மற்றும் முக்கியத்துவம்.

Need and importance of movement education in physical education.

Or

(ஆ) உடற்கல்வியின் NASPE தரநிலைகள் பற்றி சுருக்கமாக எழுதுங்கள்.

Write in brief about NASPE standards of Physical Education.

17. (அ) பிறந்தது முதல் 16 வயது வரை உள்ள குழந்தைகளுக்கான வயதுக்கு ஏற்ற உடல் செயல்பாடுகளை எழுதுங்கள்.

Write down the age appropriate physical activities for children from birth to 16 years of age.

Or

- (ஆ) பல்வேறு வகையான இயக்கங்கள் என்ன?

What are the different types of movement?

18. (அ) கல்விக்கான விளையாட்டுகளை விளக்குங்கள்.

Explain the sports for education.

Or

- (ஆ) பல்வேறு வகையான அடிப்படை மோட்டார் திறன்களைப் பற்றி சுருக்கமாக எழுதுங்கள்.

Write in brief about different kinds of fundamental motor skills.

19. (அ) வளர்ச்சிக்கான விளையாட்டு என்ற கருத்தை விளக்குங்கள்.

Explain the concept 'Sport for Development'.

Or

(ஆ) சர்வதேச அமைதி மற்றும் ஒற்றுமையை கட்டியெழுப்புவதற்கு விளையாட்டு எவ்வாறு உதவுகிறது?

How does sport help in the process of building international peace and solidarity?

20. (அ) உங்கள் விருப்பப்படி ஏதேனும் ஒரு திறன் கருப்பொருளின் வளர்ச்சி வரிசையைப் பற்றி விவாதிக்கவும்.

Discuss the development sequence of any one skill theme as per your choice.

Or

(ஆ) விளையாட்டு வீரர்களின் நீண்ட கால வளர்ச்சியை விளக்குங்கள்.

Explain the long term athlete development.

(6 pages)

Reg. No. :

Code No. : 20594 E Sub. Code : CNPE 31

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

Non Major Elective — PRINCIPLES OF PHYSICAL
LITERACY

(For those who joined in July 2021 – 2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

1. A game in which a player/team send an object into an opponent's court so that it cannot be played or returned is called
 - (a) Invasion Games
 - (b) Net/Wall Games
 - (c) Striking/Fielding Games
 - (d) Target Games

2. Precise movements using small muscle groups are called
- (a) Gross motor skills
 - (b) Fine motor skills
 - (c) Open skills
 - (d) Closed skills
3. Discus throwing can be considered as
- (a) Locomotors skill
 - (b) Non-locomotors skill
 - (c) Manipulative skill
 - (d) Body management skill
4. Specialized sports skills should be taught after the age of
- (a) 15 years (b) 12 years
 - (c) 7 years (d) 5 years
5. Children should start focus in participating in competition after the age of
- (a) 12 years (b) 16 years
 - (c) 20 years (d) 24 years

6. Which of the following is not a parameter of physical development through sport?
- (a) Improved cardiovascular ability
 - (b) Better sleep
 - (c) Fat loss
 - (d) Developing positive values
7. Which of the following ability is developed by sports participation?
- (a) Decision making ability
 - (b) Concentration
 - (c) Self-efficacy
 - (d) All of these
8. Which of the following goal is not included in sustainable development goals by United Nations?
- (a) No Poverty
 - (b) Development of Sports
 - (c) Climate action
 - (d) Sanitation

9. Which of the following is not considered as a life skill?
- (a) Decision making
 - (b) Communication skill
 - (c) Sports skill
 - (d) Interpersonal relationship skills
10. Concepts of following subject can be taught through sports
- (a) Mathematics (b) Mechanics
 - (c) Science (d) All of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define physical literacy.

Or

- (b) Write short notes on Specialized Motor Skills.

12. (a) Comment on sports develop health.

Or

(b) Write short notes on Women Empowerment through sports.

13. (a) Write short notes on Different kinds of life skills.

Or

(b) Write short notes on locomotors and non locomotors.

14. (a) Define and explain the term Movement Education.

Or

(b) What is cognitive development?

15. (a) What are the types of motion?

Or

(b) What is self-concept?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Need and importance of movement education in physical education.

Or

(b) Write in brief about NASPE standards of Physical Education.

17. (a) Write down the age appropriate physical activities for children from birth to 16 years of age.

Or

- (b) What are the different types of movement?

18. (a) Explain the sports for education.

Or

- (b) Write in brief about different kinds of fundamental motor skills.

19. (a) Explain the concept 'Sport for Development'.

Or

- (b) How does sport help in the process of building international peace and solidarity?

20. (a) Discuss the development sequence of any one skill theme as per your choice.

Or

- (b) Explain the long term athlete development.
-

Reg. No. :

Code No. : 20595 B Sub. Code : CNPE 41

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education – Non Major Elective

FITNESS AND WELLNESS

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1. ஆரோக்கியத்தின் அறிவியல் பொருள் ஆரோக்கியமாக இருக்கும் நிலை மற்றும் _____.
(அ) துக்கம்
(ஆ) நோயிலிருந்துவிடுபட்டது
(இ) மன அழுத்தம்
(ஈ) பதட்டம்

The scientific meaning of wellness is the state of being healthy and _____

- (a) Sorrow (b) Free from disease
(c) Stress (d) Anxiety

2. பின்வருவனவற்றில் எது ஆரோக்கியத்தின் பகுதி இல்லை

- (அ) உடல் ஆரோக்கியம் (ஆ) சமூகநலம்
(இ) மனநலம் (ஈ) கவலை

Which of the following is not the part of wellness?

- (a) Physical wellness (b) Social wellness
(c) Mental wellness (d) Anxiety

3. வயதான செயல்முறைக்கு பங்களிக்கும் முதன்மையான காரணி எது?

- (அ) மரபணு அமைப்பு
(ஆ) வழக்கமான உடற்பயிற்சி
(இ) வைட்டமின் உட்கொள்ளல்
(ஈ) முடியின்நிறம்

What is the primary factor contributing to the aging process _____.

- (a) Genetic makeup (b) Regular exercise
(c) Vitamin C intake (d) Hair color

4. வழக்கமான உடல் செயல்பாடு ஆரோக்கியமான முதுமைக்கு எவ்வாறு பங்களிக்கிறது.
- (அ) வளர்சிதை மாற்றத்தை குறைக்கிறது
(ஆ) நாளப்பட்ட நோய்களின் அபாயத்தை அதிகரிக்கும்
(இ) இதய ஆரோக்கியம் மற்றும் தசை வலிமையை மேம்படுத்துகிறது
(ஈ) விரைவான செல் பிரிவைத் தூண்டுகிறது

How does regular physical activity contribute to healthy aging.

- (a) Slows down metabolism
(b) Increase the risk of chronic diseases
(c) Improves cardiovascular health and muscle strength
(d) Induces rapid cell division
5. உடலியல் உடற்தகுதி முக்கியமான எதை மேம்படுத்துவதில் கவனம் செலுத்துகிறது?

- (அ) இருதய சகிப்புத்தன்மை
(ஆ) சமூக தொடர்புகள்
(இ) நெகிழ்வுத்தன்மை
(ஈ) பிரச்சனை-தீர்க்கும் திறன்

What does physiological fitness mainly focus on improving?

- (a) Cardiovascular endurance
(b) Social interactions
(c) Flexibility
(d) Problem —solving skills

6. உடல் தகுதியின் முதன்மை கவனம் என்ன?

- (அ) அறிவாற்றல் திறன்கள்
- (ஆ) இதய ஆரோக்கியம்
- (இ) தனிப்பட்ட உறவுகள்
- (ஈ) சமூக தொடர்புகள்

What is the primary focus of physical fitness?

- (a) Cognitive abilities
- (b) Cardiovascular health
- (c) Interpersonal relationships
- (d) Social interactions

7. உடல் பருமனில் மரபியல் என்ன பங்கு வகிக்கிறது.

- (அ) இது உடல் பருமனை பாதிக்காது
- (ஆ) வலுவான செல்வாக்கு
- (இ) மிதமான செல்வாக்கு
- (ஈ) குறைந்தபட்ச செல்வாக்கு

What role does genetics play in obesity?

- (a) It has no impact on obesity
- (b) Strong influence
- (c) Moderate influence
- (d) Minimal influence

8. நீரிழிவு நோயை உருவாக்கும் அபாயத்தை குறைக்கும் வாழ்க்கை முறை காரணி எது?
- (அ) வழக்கமான உடற்பயிற்சி
(ஆ) உட்கார்ந்த நடத்தை
(இ) அதிகசர்க்கரை உணவு
(ஈ) தூக்கமின்மை

Which lifestyle factor is associated with a decreased risk of developing diabetes?

- (a) Regular exercise (b) Sedentary behavior
(c) High-sugar diet (d) Lack of sleep
9. நீண்ட காலத்திற்கு எதிர்ப்பை கடக்கும் திறன் அழைக்கப்படுகிறது.

- (அ) வேகம் (ஆ) சகிப்புத்தன்மை
(இ) வலிமை (ஈ) நெகிழ்வுத்தன்மை

The ability to overcome resistance for a longer duration is called

- (a) Speed (b) Endurance
(c) Strength (d) Flexibility
10. கார்டியோவாஸ்குலர் சகிப்புத்தன்மையை மதிப்பிடுவதற்கு எந்த உடல் தகுதி சோதனையை பயன்படுத்தப்படுகிறது.
- (அ) புஷ்-அப்ஸ் சோதனை
(ஆ) சிட் மற்றும் ம்ரீச் சோதனை
(இ) சிட்-அப்ஸ் சோதனை
(ஈ) கூப்பர் ரன் சோதனை

Which physical fitness test is used to assess cardiovascular endurance?

- (a) Push — ups test (b) Sit and reach
(c) Sit-ups test (d) Cooper run test

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (அ) ஆரோக்கியம் என்ற கருத்தை சுருக்கமாக விளக்குக.

Describe the concept of wellness.

Or

- (ஆ) உடல் தகுதியின் பொருளை விளக்குக.

Briefly explain the meaning of physical fitness.

12. (அ) வயதான செயல்முறையில் மரபியல் எவ்வாறு பங்கு வகிக்கிறது என்பதை சுருக்கமாக விளக்குங்கள்.

Briefly explain how genetics plays a role in the aging process.

Or

- (ஆ) வயதானதை பாதிக்கும் காரணிகளை விளக்குங்கள்.

Explain factors influencing aging.

13. (அ) உடற் தகுதியை சுருக்கமாக விளக்குங்கள்.

Shorts notes on fitness.

Or

- (ஆ) உடலியல் தகுதிக்கான சுருக்கமான வரையறையை வழங்கவும்.

Provide a concise definition of physiological fitness.

14. (அ) நீரழிவு நோய்க்கான இரண்டு முக்கிய காரணங்களை சுருக்கமாக விளக்கவும், வகை 1 மற்றும் வகை 2 நீரழிவுகளை வேறுபடுத்துங்கள்.

Briefly explain two main causes of diabetes, distinguishing between Type I and Type 2 diabetes.

Or

- (ஆ) மரபணு மற்றும் சுற்றுச்சூழல் காரணிகளைக் கருத்தில் கொண்டு உடல்பருமனுக்கு மூன்று முக்கிய காரணங்களை சுருக்கமாக கோட்டுக் காட்டுங்கள்.

Briefly outline three main causes of obesity, considering both genetic and environmental factors.

15. (அ) உட்கார்ந்து அடையும் சோதனையின் செயல்முறை மற்றும் நோக்கத்தை விளக்குங்கள்.

Explain the procedure and purpose of sit and reach test.

Or

- (ஆ) வேகத்திற்கான சோதனையை விளக்குங்கள்.

Explain the test for speed.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (அ) உடல் தகுதி மற்றும் ஆரோக்கியத்தை பாதிக்கும் காரணிகளை விவரமாக பட்டியலிடவும்.

Enumerate the factors affecting physical fitness and wellness in details.

Or

- (ஆ) உடற்பயிற்சி மற்றும் ஆரோக்கியத்தின் தேவை மற்றும் முக்கியத்துவத்தை விளக்குங்கள்.

Explain the need and importance of fitness and wellness.

17. (அ) ஆரோக்கியமான வயதானதை ஊக்குவிப்பதில் உடற்பயிற்சியின் பங்கை ஆராயுங்கள்.

Examine the role of exercise in promoting healthy aging.

Or

- (ஆ) விளையாட்டு தொடர்பான அழுத்த நிர்வாகத்தில் சமூகம் மற்றும் சமூக தொடர்புகளின் பங்கை ஆராயுங்கள்.

Explore the role of community and social interactions in sports-related stress management.

18. (அ) சுகாதார விளைவுகளில் சமூக ஆதரவின் தாக்கத்தை ஆராயுங்கள்.

Explore the impact of social support on health outcomes.

Or

- (ஆ) மன ஆரோக்கியத்தில் வழக்கமான உடற்பயிற்சியின் அறிவாற்றல் நன்மைகளைப் பற்றி விவாதிக்கவும்.

Discuss the cognitive benefits of regular exercise on mental fitness.

19. (அ) எடை மேலாண்மைக்கான மூன்று பயனுள்ள உத்திகளைப் பற்றி விவாதிக்கவும்.

Discuss three effective strategies for weight management.

Or

- (ஆ) உடல் பருமனின் காரணங்கள், மரபணுமூன்கணிப்பு, ஆரோக்கியமற்ற உணவு, உட்கார்ந்த வாழ்க்கை முறை மற்றும் சுற்றுச் சூழல் காரணிகள் பற்றி விரிவான பகுப்பாய்வை வழங்கவும்.

Provide a detailed analysis of the causes of obesity, addressing genetic predisposition, unhealthy diet, sedentary lifestyle, and environmental factors.

20. (அ) வலிமை சோதனை பற்றி விவரிக்கவும்.

Describe on strength test.

Or

(ஆ) சகிப்புத்தன்மை சோதனையின் செயல்முறை மற்றும் நோக்கத்தை விளக்குங்கள்.

Explain the procedure and purpose of endurance test.

(6 pages)

Reg. No. :

Code No. : 20595 E Sub. Code : CNPE 41

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fourth Semester

Physical Education – Non Major Elective

FITNESS AND WELLNESS

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1. The scientific meaning of wellness is the state of being healthy and _____
 - (a) Sorrow (b) Free from disease
 - (c) Stress (d) Anxiety
2. Which of the following is not the part of wellness?
 - (a) Physical wellness (b) Social wellness
 - (c) Mental wellness (d) Anxiety

3. What is the primary factor contributing to the aging process _____.
 - (a) Genetic makeup
 - (b) Regular exercise
 - (c) Vitamin C intake
 - (d) Hair color
4. How does regular physical activity contribute to healthy aging.
 - (a) Slows down metabolism
 - (b) Increase the risk of chronic diseases
 - (c) Improves cardiovascular health and muscle strength
 - (d) Induces rapid cell division
5. What does physiological fitness mainly focus on improving?
 - (a) Cardiovascular endurance
 - (b) Social interactions
 - (c) Flexibility
 - (d) Problem —solving skills
6. What is the primary focus of physical fitness?
 - (a) Cognitive abilities
 - (b) Cardiovascular health
 - (c) Interpersonal relationships
 - (d) Social interactions

7. What role does genetics play in obesity?
- (a) It has no impact on obesity
 - (b) Strong influence
 - (c) Moderate influence
 - (d) Minimal influence
8. Which lifestyle factor is associated with a decreased risk of developing diabetes?
- (a) Regular exercise (b) Sedentary behavior
 - (c) High-sugar diet (d) Lack of sleep
9. The ability to overcome resistance for a longer duration is called
- (a) Speed (b) Endurance
 - (c) Strength (d) Flexibility
10. Which physical fitness test is used to assess cardiovascular endurance?
- (a) Push — ups test (b) Sit and reach
 - (c) Sit-ups test (d) Cooper run test

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Describe the concept of wellness.

Or

- (b) Briefly explain the meaning of physical fitness.

12. (a) Briefly explain how genetics plays a role in the aging process.

Or

- (b) Explain factors influencing aging.

13. (a) Short notes on fitness.

Or

- (b) Provide a concise definition of physiological fitness.

14. (a) Briefly explain two main causes of diabetes, distinguishing between Type I and Type 2 diabetes.

Or

- (b) Briefly outline three main causes of obesity, considering both genetic and environmental factors.

15. (a) Explain the procedure and purpose of sit and reach test.

Or

- (b) Explain the test for speed.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Enumerate the factors affecting physical fitness and wellness in details.

Or

- (b) Explain the need and importance of fitness and wellness.

17. (a) Examine the role of exercise in promoting healthy aging.

Or

- (b) Explore the role of community and social interactions in sports-related stress management.

18. (a) Explore the impact of social support on health outcomes.

Or

- (b) Discuss the cognitive benefits of regular exercise on mental fitness.

19. (a) Discuss three effective strategies for weight management.

Or

- (b) Provide a detailed analysis of the causes of obesity, addressing genetic predisposition, unhealthy diet, sedentary lifestyle, and environmental factors.

20. (a) Describe on strength test.

Or

- (b) Explain the procedure and purpose of endurance test.

(7 pages)

Reg. No. :

Code No. : 20596 E Sub. Code : CEPE 51

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education — Major Elective

PRINCIPLES OF MOTOR DEVELOPMENT

(For those who joined in July 2021 - 2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The dynamic systems theory of motor development emphasized
 - (a) A genetic blueprint
 - (b) Environmental stimuli
 - (c) Unconscious motivations
 - (d) Exploration and selection

2. Grooming and cleaning comes under which aspect of health?
 - (a) Mental Health
 - (b) Physical Health
 - (c) Social health
 - (d) Emotional Health

3. Which infant motor event typically occurs first?
 - (a) Rolls over
 - (b) Stands with support
 - (c) Holds the head erect
 - (d) Sit without support

4. Motor skills can be classified by
 - (a) Movement precision
 - (b) Nature of movement
 - (c) Predictability of environment
 - (d) All the above

5. Motor skills have a distinct beginning and endpoint
 - (a) Repetitive
 - (b) Discrete
 - (c) Continuous
 - (d) Movement

6. Arms are _____ as fingers are to _____

- (a) Arms, Feet
- (b) Gross motor, Fine motor
- (c) Fine motor, Gross motor
- (d) Cephalocaudal, Conceptual

7. Which of the following is an example of a fundamental movement skill?

- (a) Walking (b) Dancing
- (c) Reading (d) Laughing

8. The movement education wheel is composed of the following except

- (a) Movement Concept
- (b) Movement Themes
- (c) Fundamental Motor Skills
- (d) Laws of Motion

9. The main difference between sensation and perception is
- (a) Sensation involves memory for stimuli, perception does not
 - (b) Sensation involves attaching meaning to stimuli, perception does not
 - (c) Perception involves attaching meaning to stimuli, sensation does not
 - (d) Perception involves initial encounters with stimuli, sensation does not
10. The process of becoming aware of situations, of adding meaningful associations to sensations.
- (a) Perception (b) Sprain
 - (c) Relationship (d) Movements

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the motor development.

Or

(b) Describe the age classification in motor development.

12. (a) Write about the maturation and aging.

Or

(b) Discuss about the long term athlete development.

13. (a) Write the classification of motor skills.

Or

(b) Explain the specialized rhythmic movements.

14. (a) Explain the postural control.

Or

(b) Explain the relationship in movement concept.

15. (a) Identify the need of movement development in the field of physical education.

Or

- (b) Find out the need of perception in motor development.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Illustrate the theoretical perspectives of motor development.

Or

- (b) Analyze the concept of physical literacy.

17. (a) Classify the types of motor skills.

Or

- (b) Examine the movement milestone in children.

18. (a) Analyze the fundamental motor skills.

Or

- (b) Describe the specialized motor skills in games and sports.

19. (a) Discuss about the role of movement concept.

Or

(b) Illustrate the space awareness in movement concept.

20. (a) Describe the sensory perceptual development.

Or

(b) Explain the social and psychosocial constraints.

(6 pages)

Reg. No. :

Code No. : 20597 E Sub. Code : CEPE 52

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education – Major Elective

ADAPTED PHYSICAL EDUCATION

(For those who joined in July 2021-2022)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The restriction or lack of ability to perform activity from normal human being is
 - (a) Fitness (b) Disability
 - (c) Impairment (d) Beginner

2. The loss or abnormality of structure or function of human is
 - (a) Fitness (b) Disability
 - (c) Impairment (d) Beginner

3. The difference in leg length comes under
 - (a) Blind
 - (b) Deaf and Dumb
 - (c) Mentally Challenged
 - (d) Orthopedically Disability

4. The athletes with a significant impairment in intellectual functioning is
 - (a) Blind
 - (b) Deaf and Dumb
 - (c) Mentally Challenged
 - (d) Orthopedically Disability

5. The rules of adapted athletics was prepared by
 - (a) Adapted Federations
 - (b) International Olympic Committee
 - (c) Adaptive Committee
 - (d) International Paralympics Committee

6. How to start race for athlete with hearing impairment?
- (a) A light or flag may be used in addition to the sound of the starting gun
 - (b) Only light or flag may be used
 - (c) Sound from starting gun with touch assistance
 - (d) Start by touch sense
7. The equipments used for adapted running is
- (a) Running legs (b) Spikes
 - (c) Shoes (d) Starting blocks
8. Height of the sitting volleyball net for men is
- (a) 1 M (b) 1.05 M
 - (c) 1.15 M (d) 1.43 M
9. The first Paralympian to receive Rajiv Gandhi Khel Ratna Award 2019 is
- (a) Bajrang Punia
 - (b) Deepa Malik
 - (c) Pankaj Advani
 - (d) Mariappan Thangavelu

10. Special Olympics were conducted for
- (a) Childrens
 - (b) Youths
 - (c) Intellectual Disabilities
 - (d) Physical Disabilities

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Explain the structure of Paraolympics.

Or

- (b) Explain the structure of Special Olympics.

12. (a) Explain the principles of adapted physical education.

Or

- (b) Explain the role of physical education teacher in adapted physical education.

13. (a) Write about the handicap and impaired.

Or

- (b) Carryout the early childhood and adapted physical education.

14. (a) Categorize the disability blind.

Or

(b) Criticize the deaf and dumb.

15. (a) Discuss about the special education.

Or

(b) Explicate the adaptation of motor activities.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) Carryout the adapted track and field events.

Or

(b) List down the international competitions for disabled peoples.

17. (a) Illustrate the multiple disability rehabilitation.

Or

(b) Classify the teaching methods to be adapted for special educator in sports.

18. (a) Explain the orthopedically disability.

Or

(b) List down the equipments used in adapted sports.

19. (a) Carryout the activities for visual impaired.

Or

(b) Analyze die behavioral disability of deafness.

20. (a) Describe about the mentally challenged peoples.

Or

(b) Assess the rules and their interpretations of the adapted competitions.

(6 pages)

Reg. No. :

Code No. : 20692 E Sub. Code : EMPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

First Semester

Physical Education – Core

FOUNDATION OF PHYSICAL EDUCATION AND
SPORTS

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer :

1. Father of the foundation of physical education
 - (a) Anto
 - (b) Plato
 - (c) Kavi
 - (d) White Baton

2. It prepares kids to be physically and mentally active, fit and healthy into adulthood.
- (a) Morning prayer
 - (b) First class
 - (c) Last class
 - (d) Physical education classes
3. Who started physical education in India?
- (a) Harry Crowe Buck
 - (b) Mike Tysaion
 - (c) Ploto
 - (d) Johansson
4. The development of the ability to think and reason
- (a) Worth development
 - (b) Caste arm development
 - (c) Wide development
 - (d) Cognitive development

5. In science, students study the human body from the cellular level to the systems level, with a focus on
- (a) Anatomy and physiology
 - (b) Test and Measurement
 - (c) Sports medicine
 - (d) Sports sociology
6. The role of biomechanics in physical education
- (a) Become personality
 - (b) Behaviour
 - (c) Reduce injury
 - (d) Diet
7. Sparta and Athens, training began at the age of
- (a) 5
 - (b) 6
 - (c) 7
 - (d) 8
8. In Olympic motto "Citius" stands for
- (a) Higher
 - (b) Faster
 - (c) Together
 - (d) Stronger

9. The Sports Authority of India (SAI) is established in
- (a) 1954 (b) 1978
(c) 1982 (d) 1984
10. This Awards for Outstanding Performance in Sports and Games
- (a) Raju Award
(b) Arjuna Award
(c) Dronacharya Award
(d) Glory Award

PART B — (5 × 5 = 25 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the definition of foundation of physical education.
- Or
- (b) What are the main objectives of physical education?
12. (a) Define the aims of physical education.
- Or
- (b) What the way the learning theories developed?

13. (a) Define the relationship between science and physical education.

Or

(b) Explain the role of sports medicine in physical education.

14. (a) Define Olympic Rings.

Or

(b) Define the important of Olympic torch.

15. (a) What is the history of LNIPE Gwalior?

Or

(b) Explain the Dronacharya Award.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write the scope of foundation of physical education.

Or

(b) Write about the physical culture in Physical Education.

17. (a) Write some tips about how we develop cognitive skills.

Or

(b) Describe detail about the Laws of Learning.

18. (a) Explain the contribution of allied science in physical education.

Or

(b) Write down the roll of Biomechanics in sport and exercise.

19. (a) Write the history of modern Olympic games.

Or

(b) Discuss about why Olympic oath and motto is very important.

20. (a) Write detail Netaji Subhas National Institute of Sports, Patiala.

Or

(b) Write about the sports education system in India.

Reg. No. :

Code No. : 20693 E Sub. Code : EEPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

First Semester

Physical Education

Elective — ANATOMY AND PHYSIOLOGY

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. What does anatomy primarily focus on?
 - (a) Structure and organization of living organisms
 - (b) How living organisms function
 - (c) Chemical reactions within cells
 - (d) Geological formations

2. What is the basic structural and functional unit of all living organisms?
 - (a) Tissue
 - (b) Organ
 - (c) Cell
 - (d) Organism

3. What is the definition of a joint in the context of the skeletal system?
 - (a) A type of bone
 - (b) A place where two or more bones meet
 - (c) A specialized muscle
 - (d) A type of ligament

4. The bones of the forearm include
 - (a) Humerus and femur
 - (b) Radius and ulna
 - (c) Tibia and fibula
 - (d) Patella and scapula

5. What is the primary function of the small intestine in the digestive process?
 - (a) Absorption of nutrients
 - (b) Initial breakdown of carbohydrates
 - (c) Storage of bile
 - (d) Production of gastric acid

6. The cranial nerves and spinal nerves are part of which division of the nervous system?
- (a) Central Nervous System
 - (b) Somatic Nervous System
 - (c) Peripheral Nervous System
 - (d) Autonomic Nervous System
7. Cardiac output is defined as
- (a) The amount of blood pumped by each heartbeat
 - (b) The number of heartbeats per minute
 - (c) The total volume of blood in the body
 - (d) The rate of gas exchange in the lungs
8. What is the primary gas exchange that occurs in the alveoli?
- (a) Oxygen and nitrogen
 - (b) Oxygen and carbon dioxide
 - (c) Carbon dioxide and nitrogen
 - (d) Carbon dioxide and helium
9. Which of the following glands is responsible for the development of secondary sexual characteristics, such as breast development in females and facial hair growth in males?
- (a) Pituitary gland
 - (b) Thyroid gland
 - (c) Ovaries (in females) and Testes (in males)
 - (d) Pancreas

10. Which hormone is produced by the thyroid gland to regulate metabolism?
- (a) Insulin
 - (b) Thyroxine (T4) and Triiodothyronine (T3)
 - (c) Cortisol
 - (d) Estrogen

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write the meaning and definition of anatomy and physiology.
- Or
- (b) Briefly explain cardiac muscles.
12. (a) Short notes on synovial joints.
- Or
- (b) What is the role of cartilage in the skeletal system?
13. (a) How does the nervous system transmit signals and allow us to sense and respond to our environment?
- Or
- (b) Explain the role of neurons in nervous system.

14. (a) Define cardiac cycle.
Or
(b) Differentiate between cellular respiration and external respiration.
15. (a) What is the primary function of endocrine glands in the human body?
Or
(b) Briefly explain about Thymus gland.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the importance of Anatomy and Physiology in the context of physical education.
Or
(b) Draw the diagram of cell and explain it.
17. (a) Describe the functions of the skeletal system in detail, highlighting its role in protection, support and movement.
Or
(b) Explain the classification of joints in the human body, including the structural and functional categories.

18. (a) Describe the process of digestion in the human body, from the mouth to the small intestine.

Or

- (b) Describe the structure and functions of the CNS and PNS.

19. (a) Discuss the structure and functions of the heart.

Or

- (b) Describe the process of respiration, including both inhalation and exhalation.

20. (a) How does the endocrine system regulate various body functions through the release of hormones?

Or

- (b) Explain the role of pancreas in regulating blood sugar levels and its impact on growth and development.

Reg. No. :

(6 pages)

Code No. : 20732 E Sub. Code : CAPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

THEORIES OF GAMES — II

(Badminton, Ball Badminton and Tennis)

(For those who joined in July 2021–2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. In Wimbledon championships began in which year?
(a) 1877 (b) 1890
(c) 1905 (d) 1991

2. What is the governing body of world tennis?
- (a) TIFA (b) ITF
(c) TFF (d) TFI
3. What is the oldest badminton tournament in the world?
- (a) Malaysiaopen
(b) China open
(c) All- England open
(d) Indian open
4. How many points to win the set in the game of ball badminton?
- (a) 34 Points (b) 31 Points
(c) 25 Points (d) 21 Points
5. What is widely regarded as the most powerful shot or stroke in badminton?
- (a) A clear (b) A drive
(c) A Smash (d) A service

6. What is the length of Tennis court?
- (a) 71 feet (b) 78 feet
(c) 68 feet (d) 80 feet
7. In general, how many types of tennis courts are there
- (a) 3 (b) 4
(c) 5 (d) 7
8. What is height of the Net in the center of the court?
- (a) 3 feet (b) 3.6 feet
(c) 3.3 feet (d) 2.5 feet
9. In which year did badminton make its debut in the summer Olympic games?
- (a) 1988 (b) 1992
(c) 1996 (d) 1991
10. In tennis what is called when the score is 40-40?
- (a) Equal (b) Draw
(c) Deuce (d) None of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write down the history of ball badminton in India.

Or

- (b) What are the way of talent identification in sports?

12. (a) What are the basic skills in badminton?

Or

- (b) Discuss the drills for beginners in tennis.

13. (a) Explain the system of play in Ball badminton.

Or

- (b) Short notes on Tactics.

14. (a) List down the fitness components of lawn tennis.

Or

- (b) Explain the factors influencing performance.

15. (a) Explain the methods of officiating and scoring in lawn tennis.

Or

- (b) Explain any four official signals in badminton.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Described the Wimbledon tournament.

Or

- (b) Write down the history of the game badminton in India and in the world.

17. (a) Explain the scientific principles in game badminton.

Or

- (b) Explain the drills to develop in game of badminton.

18. (a) Write the importance of warming up and warming down.

Or

- (b) Explain the pre and post-match preparation of badminton.

19. (a) Described the faults in ball badminton.

Or

(b) Draw a neat diagram of the tennis court with its dimensions.

20. (a) Draw the neat diagram of ball badminton court with all marking and measurement.

Or

(b) Write down the rules and regulation in the game of lawn tennis.

(6 pages)

Reg. No. :

Code No. : 20733 E Sub. Code : CSPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Third Semester

Physical Education

Skill Based Subject – PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2021 – 2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. _____ is a pedagogical process based on scientific principles aiming at preparing of sportsmen for higher performance.
 - (a) Sports training
 - (b) Kinesiology
 - (c) Biomechanics
 - (d) Psychology

2. Which one of the following are the principles of Sports training _____.
- (a) Principle of Specificity
 - (b) Principle of active participation
 - (c) Principle of continuity
 - (d) All the above
3. Ability of the sportsmen to overcome the resistance with high speed _____.
- (a) Explosive strength
 - (b) Strength endurance
 - (c) Speed endurance
 - (d) Flexibility
4. Other name of 'fartlek' training is
- (a) Speed play (b) Slow play
 - (c) Water games (d) Game play
5. Ability to cover the shortest distance in short period is _____.
- (a) Strength (b) Speed
 - (c) Endurance (d) Coordination

6. Essential qualities of marathon runner is
- (a) Endurance (b) Strength
(c) Flexibility (d) Coordination
7. Which one of the following is not coordination?
- (a) Hand Eye (b) Leg Eye
(c) Neuro muscular (d) Bone Eye
8. _____ exercise should take part after the training session.
- (a) Strength (b) Warm Down
(c) Warm up (d) Endurance
9. How many competition periods in Double periodisation?
- (a) 4 (b) 2
(c) 3 (d) 1
10. Which one of the following is not a training cycle?
- (a) micro cycle (b) macro cycle
(c) meso cycle (d) tricycle

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write the aims of Sports training.

Or

- (b) Write the characteristics of Sports training.

12. (a) Comment on Load.

Or

- (b) Write the symptoms causes of Overload.

13. (a) Write the meaning and forms of Speed.

Or

- (b) Write the methods of improving Speed.

14. (a) Write the meaning and forms of Flexibility.

Or

- (b) Write the meaning and forms of Coordination.

15. (a) Write about micro cycle.

Or

(b) Write about macro cycle.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write the meaning of Sports training and
Discuss the importance of Sports training.

Or

(b) Explain the principles of Sports training.

17. (a) What is Strength and write the Forms of
Strength.

Or

(b) Explain the methods of improving Strength.

18. (a) Write the meaning and forms of Endurance.

Or

(b) Explain the methods of improving
Endurance.

19. (a) Explain the methods of improving Flexibility.

Or

(b) Explain the methods of improving coordination.

20. (a) Explain single Periodisation.

Or

(b) Explain double Periodisation.
