

A-8907

Sub. Code

6BPE1C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

First Semester

Physical Education

**FOUNDATION OF PHYSICAL EDUCATION AND
SPORTS**

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is physical training?
2. What is culture?
3. Define physical education.
4. What is emotion?
5. Meaning of psychology.
6. Meaning of physiology.
7. Write the number of rings and colours of Olympic rings.
8. Write the Olympic Oath.
9. Expand SNIPES and LNIPE.
10. What is Rajiv Gandhi Khel Ratna award?

Part B

(5 × 5 = 25)

Answer **all** questions.

11. (a) Briefly explain the scope of physical education.

Or

- (b) Explain the meaning of education and physical education.

12. (a) Briefly explain the laws of learning.

Or

- (b) List down the theories of learning and explain any one.

13. (a) Write a short notes on :

- (i) Sports Medicine
- (ii) Biomechanics.

Or

- (b) Briefly explain the scientific basis of physical education.

14. (a) Briefly explain the history of physical education in Athens.

Or

- (b) Write short notes on Olympic Flag.

15. (a) Write short notes on Arjuna award and Dronochariya award.

Or

- (b) Briefly explain about NSNIS.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the need and scope of physical education.
 17. Explain the aims and objectives of physical education.
 18. What are the contributions of allied sciences towards physical education?
 19. Explain the organization and conduct of Ancient Olympics Games.
 20. Give an account on Asian Games.
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A-8908

Sub. Code

6BPE1C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

First Semester

Physical Education

**THEORIES OF MAJOR GAMES – I AND TRACK AND
FIELD – I**

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Expand FIVB and IAAF.
2. What are the national and international governing bodies in volleyball?
3. Mention any two system of play in kabaddi.
4. What is system of play?
5. Define tactical knowledge.
6. What are the training for tactics?
7. Write any four major cups in football.
8. Write down the dimension of kabaddi court.
9. Mention the events of decathlon and heptathlon.
10. State various commands in sprint start.

Part B**(5 × 5 = 25)**Answer **all** questions.

11. (a) Explain the origin and development of volleyball.

Or

- (b) Explain about the international governing bodies for football.

12. (a) Write the process of selecting players in football.

Or

- (b) Draw and explain any two lead up game for kabaddi.

13. (a) Explain tactical abilities in training.

Or

- (b) Explain the methods of warm up in volleyball.

14. (a) Explain the situation to award penalty kick in football.

Or

- (b) Explain the rotation in volleyball.

15. (a) Explain the procedures to mark double arc in 5000m race.

Or

- (b) Write the official duties in middle distance race.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Draw a neat diagram of kabaddi court for women with all measurements.
 17. Analyze various Fouls and misconducts in the game of football.
 18. Explain the coaching programme in the game of volleyball.
 19. Draw a standard track and mark middle distance and sprint events.
 20. Explain the fundamental skills in the game of football.
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A-8909

Sub. Code

6BPE3C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Third Semester

Physical Education

**ORGANIZATION, ADMINISTRATION AND METHODS
IN PHYSICAL EDUCATION**

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of administration.
2. Length and breadth of volleyball court.
3. Height of hockey goal post.
4. What is lezium?
5. Meaning of methods.
6. What is calisthenics?
7. What are minor games?
8. What are teaching aids?
9. What is a fixture?
10. What is a combination tournament?

Part B**(5 × 5 = 25)**Answer **all** questions

11. (a) Briefly explain the importance of organization.

Or

- (b) Briefly explain the scheme of physical education in schools.

12. (a) Briefly explain the required facilities in gymnasium.

Or

- (b) Draw and explain the measurements of volleyball net, antennae and post.

13. (a) Briefly explain about lead up activities.

Or

- (b) Briefly explain about light apparatus.

14. (a) Explain the method of teaching rhythmic activities.

Or

- (b) Briefly explain any one major game.

15. (a) Briefly explain the method of drawing fixtures.

Or

- (b) Write short notes on league tournament.

Part C**(3 × 10 = 30)**Answer any **three** questions

16. Explain the scheme of physical education in district, state and national level.

17. Lay out basketball court with all its measurements.

18. Explain the principles of class management.
19. Explain the teaching activities in track and field.
20. Draw a league fixture for 12 teams.

A-8910

Sub. Code

6BPE3C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Third Semester

Physical Education

**THEORIES OF MAJOR GAMES – II AND
TRACK AND FIELD – II**

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What are the full forms of AFI and AAA?
2. Who invented the glide technique in shot put?
3. Give the specifications of a javelin (for men).
4. Give the dimensions of the runway for long jump.
5. What are the full forms of BCCI and TNCA?
6. List any four fundamental skills in hockey.
7. What is warm-up?
8. Give the dimensions of a cricket pitch.
9. What is a penalty stroke in hockey?
10. List the various officials in the game cricket.

Part B

(5 × 5 = 25)

Answer **all** questions.

11. (a) Briefly explain the role of the national governing body for track and field.

Or

- (b) Briefly explain the fundamental techniques in shot put.

12. (a) Draw a layout of a javelin sector with necessary measurements.

Or

- (b) Draw a diagram of a high jump runway and landing area.

13. (a) Briefly explain the Fundamental skills in cricket.

Or

- (b) Explain any two systems of play in hockey.

14. (a) Give the specifications of the following: cricket bat, ball, stumps and bails.

Or

- (b) Briefly explain technical training in hockey.

15. (a) Explain free hit and its procedures in hockey.

Or

- (b) Explain the duties of the scorer in cricket.

Part C $(3 \times 10 = 30)$

Answer any **three** questions.

16. Explain the various stages of javelin throw.
 17. Discuss the tie-breaking system for high jump.
 18. Explain the history and development of cricket in India.
 19. Draw a neat diagram of a hockey field with all necessary measurements.
 20. Explain various outs in cricket in detail.
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A-8911

Sub. Code

6BPE5C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Fifth Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is the meaning of sports training?
2. List any 2 general principles of sports training.
3. Define load.
4. What is recovery?
5. Define strength.
6. What is flexibility?
7. Define macrocycle.
8. What is a training plan?
9. Define tactics.
10. Define techniques.

Part B**(5 × 5 = 25)**Answer **all** questions

11. (a) Briefly explain the meaning of sports training.

Or

- (b) Briefly explain the general principles of sports training.

12. (a) Write short notes on load intensity and load volume.

Or

- (b) Explain the factors of load.

13. (a) Briefly explain the methods to improve coordination.

Or

- (b) Explain various forms of strength.

14. (a) Write short notes on the competition period.

Or

- (b) Briefly explain the cyclic process of training.

15. (a) Briefly explain the methods for the development of techniques in sports.

Or

- (b) What are the aims of tactics?

Part C**(3 × 10 = 30)**Answer any **three** questions.

16. Explain the basic principles of sports training in detail.
 17. Explain the relationship between load and adaptation overload.
 18. Define speed. Explain any one method to improve speed.
 19. Explain the various types of periodization in sports training.
 20. Explain the methods of tactical development.
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A-8912

Sub. Code

6BPE5C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Fifth Semester

Physical Education

YOGA EDUCATION

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of Yoga.
2. Meaning of Karma yoga.
3. Meaning of asana.
4. List any two relaxative asana.
5. Define pranayama.
6. Meaning of bandhas.
7. What are kriyas?
8. Meaning of mudras.
9. Meaning of meditation.
10. List down any two yoga institution in abroad.

Part B**(5 × 5 = 25)**Answer **all** questions.

11. (a) Briefly explain the concept of yoga.

Or

(b) Explain the following

(i) Yama (ii) Niyama

12. (a) Briefly explain the guidelines for practicing asana.

Or

(b) List any five standing asanas along with its benefits.

13. (a) Briefly explain Nadi.

Or

(b) Briefly explain the benefits of pranayama.

14. (a) Briefly explain the benefits of Kriyas.

Or

(b) Explain the following

(i) Nauli (ii) Bhasti

15. (a) Briefly explain the concept of meditation.

Or

(b) Explain the principles of yogic diet.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Enumerate any two systems of yoga.
 17. Explain the meditative asana along with its benefits.
 18. Explain the types of bandhas in detail.
 19. Give an account on the types of mudra.
 20. Give an account on the physiological benefits of meditation.
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A-8913

Sub. Code

6BPE5C3

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Fifth Semester

Physical Education

THEORIES OF MAJOR GAMES (SPECIALIZATION)

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Mention the length and width of volleyball court.
2. What are the time duration for women kabaddi match?
3. List down any two fundamental skills in football.
4. Mention any two Arjuna awardees in volleyball.
5. Mention the circumference and weight of basketball.
6. What is lead up game?
7. What is warm up?
8. What are fundamental skills?
9. What is scooping in hockey?
10. List down any two major cups in football.

Part B**(5 × 5 = 25)**

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the state level organization for hockey.

Or

- (b) Briefly explain the history of kabaddi.

12. (a) Explain any two lead up games in volleyball.

Or

- (b) Explain any two fundamental skills in hockey.

13. (a) Write short note on warm-up.

Or

- (b) Write short note on technical training.

14. (a) List down the facilities, equipment's and its specifications in basketball

Or

- (b) Draw the layout of men kabaddi court with all its measurement.

15. (a) Explain the duties of scorer in kabaddi.

Or

- (b) Briefly explain legal substitution in volleyball.

Part C**(3 × 10 = 30)**

Answer any **three** questions.

16. Enumerate the development and history of volleyball.
17. Give an account on fouls in basketball.

18. Draw a neat diagram of hockey field with all its measurement.
 19. Explain the actions of libero involving in volleyball.
 20. Prepare a 15 day coaching program for university football team
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A-8914

Sub. Code

6BPE1E2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Fifth Semester

Physical Education

Elective – SPORTS NUTRITION

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define sports nutrition.
2. What is balanced diet?
3. What is moderate exercise?
4. What are vitamins?
5. What are minerals?
6. What are carbohydrates?
7. List two food rich in fat.
8. What is metabolism?
9. Expansion of RDA.
10. What is dehydration?

Part B**(5 × 5 = 25)**Answer **all** questions.

11. (a) Briefly explain the need of sports nutrition.

Or

- (b) Explain the basic four food plan.

12. (a) Explain the effect of diet on muscle glycogen.

Or

- (b) Explain the role of fat in glycogen sparing.

13. (a) Explain vitamins and exercise performance.

Or

- (b) Write short notes on vitamins deficiency diseases.

14. (a) Briefly explain about dietary sources.

Or

- (b) Explain the functions of body water.

15. (a) Explain the electrolytes and its function.

Or

- (b) Briefly explain the factors determining diet plan.

Part C**(3 × 10 = 30)**Answer any **three** questions.

16. Give an account on essential nutrition.

17. Explain the recommended intake of CHO and its role in the body.

18. Give an account on the recommended intake of fat and its role in the body.
 19. Explain the kinds and sources of minerals and its role in the body.
 20. Give an account on athlete's diet for pre and post exercise.
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A-8915

Sub. Code

6BPE2E2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

Fifth Semester

Physical Education

Elective – SPORTS MANAGEMENT

(CBCS 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of sports management.
2. Meaning of personal management.
3. Define programme management.
4. Write any two roles of personal manager.
5. What is the meaning of sports marketing?
6. Mention any two guidelines for selection of equipment.
7. Write the qualification of physical education teacher.
8. Define the term budgeting in sports.
9. What is personal recruitment?
10. Define the term accounting in sports.

Part B**(5 × 5 = 25)**Answer **all** questions.

11. (a) List down the basic principles of sports management.

Or

- (b) Explain the functions of sports management.

12. (a) Explain competitive sports programs.

Or

- (b) Briefly explain the role of personal manager.

13. (a) Explain the factors involved in the marketing of sports.

Or

- (b) Explain the strategies followed to be followed for developing a target market.

14. (a) Briefly explain the care and maintenance of equipments.

Or

- (b) List down the guidelines for checking, storing and issuing equipment.

15. (a) Explain the types of budget.

Or

- (b) Explain briefly the maintenance of budget recording.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Define sports management and explain the scope of sports management.
 17. Explain the importance and factors influencing programme development.
 18. Explain the following
 - (a) Market awareness
 - (b) Quality and price of sports products.
 19. Enumerate the guidelines for the selection and supply of equipments.
 20. What is accounting? Explain its role in sports and fitness enterprise.
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