

**A-10223**

**Sub. Code**

**6BPE1C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**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 the** questions.

1. Write the measuring of education.
2. Define physical culture.
3. What is learning?
4. What is recreational?
5. What is kinesiology?
6. What is sociology?
7. Define Olympic flag.
8. Aim of Olympic games.
9. List any four national sports federation.
10. Expand the term NSNIS.

**Part B**

(5 × 5 = 25)

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

11. (a) Write short notes on physical training.

Or

- (b) Briefly explain the scope of physical education.

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

Or

- (b) Briefly explain the laws of readiness and effect.

13. (a) Explain the contribution of physiology in physical education.

Or

- (b) Explain the contribution of computer science in physical education.

14. (a) Explain the contribution of Indian Olympic.

Or

- (b) Explain physical education in Sparta.

15. (a) Explain Arjuna award.

Or

- (b) Explain national institute of sports.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Write need and nature of physical education.

17. Explain the theories of learning.

18. Explain the scientific basis of physical education.
  19. Explain the modern Olympic games.
  20. Explain the role of professional.
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**A-10224**

**Sub. Code**

**6BPE1C2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**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 the** questions.

1. Write any three basic skills in football.
2. Explain the FIFA and AVC.
3. What is Yellow card in kabaddi?
4. How many officials in volleyball.
5. Explain can't in kabaddi.
6. What is cool-down?
7. Write any two style of start in track event.
8. Write any two long distance events in athletics.
9. What is length and width of women kabaddi court?
10. What is tiebreaker in football?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the football organizational set up in India.  
Or  
(b) Explain the history of kabaddi in detail
12. (a) Explain any two lead-up game for the game of volleyball.  
Or  
(b) Write short notes on any two basic skill in kabaddi.
13. (a) Explain the need of warm-up in sports field.  
Or  
(b) Write short notes on selection of players in football.
14. (a) Explain the method of officiating in volleyball.  
Or  
(b) Draw a neat diagram of a women kabaddi court with measurements.
15. (a) Explain any two event in long distance race in detail.  
Or  
(b) List down the duties of the time keeper and technical manager in athletics.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the origin, history and development of the game of volleyball in India.
17. Draw a neat diagram of a kabaddi court for men and women with all measurements.

18. Briefly explain the system of officiating in football.
19. Briefly explain the organizational set up of kabaddi.
20. Calculate the stagger and diagonal excess distance for  $4 \times 100$  mts relay race for standard track with 84.39 mts straight.

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**A-10225**

**Sub. Code**

**6BPE2C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations  
Second Semester  
Physical Education  
ANATOMY AND PHYSIOLOGY**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all the** questions.

1. Define Physiology.
2. Define Cell.
3. Explain Bone.
4. What is Joints?
5. What is Neuron?
6. Explain Spinal nerves.
7. What is Respiration?
8. Explain Cardiac output.
9. Explain Glands.
10. Explain Hormones.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain structure and functions of Cell.

Or

- (b) Explain various types of Tissues.

12. (a) Explain Bones of skull.

Or

- (b) Explain the futures of radius and ulna with diagram.

13. (a) Explain functions of central nervous system.

Or

- (b) Draw a neat diagram of Brain and its parts.

14. (a) Explain mechanism of respiration.

Or

- (b) Explain structure and functions of Heart.

15. (a) Explain structure and functions of Thyroid gland.

Or

- (b) Explain structure and functions or Adrenal gland.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain three types of muscles.

17. Explain classification of joints with suitable examples.



18. Explain structure and functions Digestive system and its parts.
  19. Briefly explain various parts of Respiratory system.
  20. Explain structure and functions Pituitary gland and pancreas.
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**A-10226**

**Sub. Code**

**6BPE3C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &**

**Supplementary/Improvement/Arrear Examinations**

**Third Semester**

**Physical Education**

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

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

**(10 × 2 = 20)**

Answer **all the** questions.

1. Explain meaning of Organization.
2. Define Administration.
3. List down the types of equipments.
4. What is non standard track?
5. What is Calisthenics?
6. Explain marching.
7. List the types of commands.
8. Explain minor games.
9. Explain advantage of knock out Tournaments.
10. Explain Extramural Tournaments.

**Part B**

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Explain importance of Organization and administration.

Or

- (b) Explain importance of physical education in University level.

12. (a) Explain the dimension of swimming pool.

Or

- (b) Explain care and maintenance of sports equipments.

13. (a) Describe the different teaching aids.

Or

- (b) Explain about lead up activities with examples.

14. (a) Explain types of lesson plan.

Or

- (b) Explain rhythmic activities.

15. (a) Explain combination tournament.

Or

- (b) Explain league tournament and its advantages.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain meaning and importance of Organization and Administration.
  17. Explain Draw a neat diagram of standard track.
  18. Prepare a modal particular lesson plan for VIII std.
  19. Briefly explain various steps in Suryanamaskar.
  20. Draw a single knock out tournament fixtures for 24 teams.
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**A-10227**

**Sub. Code**

**6BPE3C2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations  
Third Semester  
Physical Education**

**THEORIES OF MAJOR GAME II AND TRACK AND  
FIELD II**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Write any two throwing event in athletics.
2. Write two styles of putting the shot.
3. Write any two fundamental skills in high jump.
4. How many officials in long jump.
5. What is system of play?
6. Explain the yellow card in hockey.
7. What is warm down?
8. What is the circumference and weight of the hockey ball?
9. How many officials in cricket?
10. How many main and substitute players in hockey?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the techniques of javelin throw.

Or

- (b) Explain any three techniques of shot put.

12. (a) Draw a neat diagram of long jump pit.

Or

- (b) Explain the fundamental skills in high jump.

13. (a) Explain the national organizational set up of cricket in India.

Or

- (b) Explain any two lead up game for basic skills in the game of hockey.

14. (a) Explain the tactical training in cricket.

Or

- (b) Explain the coaching programme for the game of hockey.

15. (a) List down any three rules along with their interpretation in the game of cricket.

Or

- (b) Write down any four duties of officials in the game of hockey.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the history and development of track and field events in India.
  17. Describe the techniques involved in long distance running event in athletics.
  18. Describe the origin, history and development the game of cricket in India.
  19. Draw the layout of a hockey field with all its specifications.
  20. Briefly explain the methods of officiating for the game of hockey with diagram.
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**A-10228**

**Sub. Code**

**6BPEA1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations  
Physical Education  
Allied — YOGA AND FITNESS EDUCATION  
(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Explain meaning of Asanas.
2. Explain Savasana.
3. Explain Yoga mudra.
4. Explain benefits of Sirshasana.
5. What is vamaana Dhauti?
6. Explain Jala neti.
7. Explain meaning of Physical fitness.
8. Explain importance of exercise.
9. Explain importance of physical fitness.
10. Explain Exercises.



**Part B**

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Explain aim and objectives of yoga.

Or

- (b) Explain meditative asanas.

12. (a) Explain benefits of asanas.

Or

- (b) Explain suryanamaskar and its benefits.

13. (a) Describe benefits of Neti.

Or

- (b) Explain benefits of Kriyas.

14. (a) Explain definition and meaning of Physical fitness.

Or

- (b) Explain values of Physical fitness.

15. (a) Explain Athletic related physical fitness.

Or

- (b) Explain factors influencing fitness.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain eight limbs Yoga in brief

17. Explain techniques of Bhujangasana, Dhanurasana and Halasana.

18. Explain different types of Pranayama practices.
  19. Briefly explain relevance of exercise and physical fitness.
  20. Explain components of Health related Physical fitness.
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**A-10229**

**Sub. Code**

**6BPEA2**

**U.G. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Physical Education**

**Allied — FITNESS AND WELLNESS**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define Health related Physical Fitness.
2. Define Health.
3. Define Aerobic Exercises.
4. Define balance.
5. Explain anaerobic exercise.
6. Define Sports Training.
7. List any two components of wellness.
8. Define Spirituality.
9. What is Stress?
10. Define drug.

**Part B**

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Explain the historical relevance of exercise and physical fitness.

Or

- (b) Explain about the components of health related physical fitness.

12. (a) Explain the types of exercise used in fitness.

Or

- (b) Explain the health benefits of physical activity.

13. (a) What are the categories of aerobic exercises?

Or

- (b) Explain the benefits of rope jumping and stair climbing.

14. (a) Explain the types of exercise program to keep health.

Or

- (b) Explain the importance of wellness in detail.

15. (a) Explain about the wellness challenge.

Or

- (b) Explain about the influence of drugs in respect to the health point.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the Strategies for increasing Physical Fitness in India.
  17. Explain the effects of physical activity on nervous system.
  18. Explain the method of prescribing aerobic exercises.
  19. Explain the importance of health and wellness.
  20. How to maintain the health habits through proper nutrition?
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**A-10230**

**Sub. Code**

**6BPEA3**

**U.G. DEGREE EXAMINATION, APRIL 2021 &**

**Supplementary/Improvement/Arrear Examinations**

**Physical Education**

***Allied* — HEALTH EDUCATION AND FIRST AID**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Meaning of health education.
2. What is community of health?
3. List down two communicable disease.
4. What is non-communicable disease?
5. Concept of first aid.
6. Define injury.
7. Define strain.
8. Define fracture.
9. Define dislocation.
10. Contusion.

**Part B**

(5 × 5 = 25)

Answer **all** the questions.

11. (a) National and state level health organization.

Or

- (b) Explain the factors influencing health.

12. (a) Explain the symptoms and prevention of typhoid.

Or

- (b) Explain the symptoms and prevention of peptic ulcer.

13. (a) Explain the factors affecting safety.

Or

- (b) Explain the need for safety education in physical education.

14. (a) What is the first aid and write down the first aid sprain and strain?

Or

- (b) List down the types of fractures and explain any one.

15. (a) Explain signs symptoms and first aid for drowning.

Or

- (b) Explain the types of bleeding.

**Part C**

(3× 10 = 30)

Answer any **three** questions.

16. Write about the school health programs.
  17. What are the non-communicable disease and describe the causes with special emphasis on their preventive methods?
  18. Need and importance of safety for preventing injuries.
  19. Explain the first aid for athletic injuries.
  20. Give an account of signs, symptoms and first aid for drowning and burns.
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**A-10411**

**Sub. Code**

**6BPE1E2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Fifth Semester**

**Physical Education**

**Elective - SPORTS NUTRITION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **ALL** the questions.

1. What is Sports Nutrition?
2. What is RDA?
3. What is the prime fuel for the central nervous system?
4. What is the daily RDA for Adult women in relation to protein?
5. Comment on – Fat is a Hunger or Depressor.
6. Write the kinds of vitamins.
7. What is Goitre?
8. List the source of calcium.
9. What is electrolyte replacement?
10. What is Rehydration?

**Part B**

(5 × 5 = 25)

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

11. (a) Write short notes on basic four food plan.  
Or  
(b) Write the role of carbohydrate in the body.
12. (a) Write the kinds and sources of fat.  
Or  
(b) Write the dynamics of protein metabolism.
13. (a) Describe fat soluble vitamins.  
Or  
(b) Write the functions and sources of vitamin B1.
14. (a) Describe the nutrition before exercise.  
Or  
(b) Write the role of Iron in exercise.
15. (a) Comment on – Water balance intake Versus Output.  
Or  
(b) Formulate a balanced diet for an athlete and justify your recommendations.

**Part C**

(3 × 10 = 30)

Answer any **THREE** questions.

16. Write in details on the role of Microminerals in the body.
17. Write in detail on the role of proteins in human health.
18. Write in detail on vitamins and exercise performance.
19. Write in detail on the role of water in exercise.
20. Write in detail on measures to be taken to enhance the health status of sports persons.

**A-10412**

**Sub. Code**

**6BPE2E2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Sixth Semester**

**Physical Education**

**Elective: SPORTS MANAGEMENT**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **All** the questions.

1. Define Management.
2. List down the stages of sports management.
3. Define Personal Management.
4. List any two roles of personal manager.
5. Explain the meaning of Sports Marketing.
6. Define Games fund.
7. List any two perishable equipments.
8. Define Stock register.
9. Define Quotation.
10. How much percentage of fund that can be used for the salary of games peon in budget?

**Part B** (5 × 5 = 25)

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

11. (a) Explain the meaning and definition of sports management.

Or

- (b) Explain about the scope of sports management.

12. (a) Explain about the importance of programme management.

Or

- (b) Explain about the procedure involved in programme development for competitive sports.

13. (a) Explain about the quality of sports products and its pricing.

Or

- (b) Explain about market awareness in detail.

14. (a) Explain about the part of supply manager.

Or

- (b) Explain about stock register and skill register.

15. (a) Explain about the sources of raising sports fund.

Or

- (b) Explain about the budget records in detail.

**Part C** (3 × 10 = 30)

Answer any **three** questions.

16. Explain the functions of sports management in detail.
17. Explain about the aim and objectives of programme management.
18. Explain the methods to improve sports marketing.
19. Explain about the guidelines for checking, storing and issuing the sports equipment.
20. Explain about the role of accounting in sports and fitness in detail.

**A-10413**

**Sub. Code**

**6BPE4C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations  
Fourth Semester  
Physical Education**

**TEST AND MEASUREMENT IN PHYSICAL EDUCATION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define Evaluation.
2. Define test.
3. Define Subjective test.
4. Define Standardized test.
5. Define Validity.
6. Define Speed.
7. Expand the term JCR.
8. List own test items AAHPERD
9. Write a purpose of Helmen Volleyball test.
10. Define skill test.

**Part B**

(5 × 5 = 25)

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

11. (a) Briefly explain principle of evaluation.  
Or  
(b) Briefly explain history of Measurement.
12. (a) Explain the Teacher made test and subjective test  
Or  
(b) Short notes for contribution of knowledge test.
13. (a) Write down the administrative Feasibility.  
Or  
(b) Explain the Explosive strength test.
14. (a) Explain Harward step test.  
Or  
(b) Explain Magaia – kalamen power test.
15. (a) Write notes on Mc Donald Volleying soccer test.  
Or  
(b) Write about Boer Miller Tennis test.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the need and importance of test and measurement in physical education.
17. Explain the administration of duties after testing.
18. Explain the Criteria for selection a good test.
19. Describe the Barrow motor ability test.
20. Write about Hendry friedal field hockey test.

**A-10414**

**Sub. Code**

**6BPE5C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &**

**Supplementary/Improvement/Arrear Examinations**

**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. Define Sports Training.
2. What is load?
3. List down the types of intensity.
4. Define Recovery in Training.
5. Explain strength.
6. Explain flexibility.
7. Define short term plan.
8. Define Double Periodisation.
9. Define Tactics in sports.
10. Define Technique.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about the concept of sports training.

Or

- (b) Explain about the adaptation of overload.

12. (a) Explain the procedure involved in measuring strength.

Or

- (b) Explain about the types of endurance.

13. (a) Explain about long term and short term plan.

Or

- (b) Explain about the categories in transition period.

14. (a) Explain about the different periods in periodisation.

Or

- (b) Explain about the micro,meso and macro cycles in training.

15. (a) Explain about the stages involved in tactical preparation.

Or

- (b) Explain about the aim of technical training.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the principles of cyclicity in sports training.

17. Explain about the load,intensity and volume in detail.



18. Explain the means and methods to improve flexibility in detail.
  19. Explain about the concept and use of triple periodization in detail.
  20. Explain about the stages of technical preparation.
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**A-10415**

**Sub. Code**

**6BPE5C2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Fifth Semester**

**Physical Education**

**YOGA EDUCATION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **ALL** the questions.

1. Define Yoga.
2. Explain Hatha Yoga.
3. Explain elaxative asanas.
4. Explain asana.
5. What is controlling of breath?
6. Explain surya bhedana.
7. Define kriyas.
8. Explain Jala neti.
9. Explain Meditation.
10. Name two yoga competition.

**Part B**

(5 × 5 = 25)

Answer **ALL** the questions.

11. (a) Explain meaning of Yoga.

**Or**

- (b) Explain aim and objective of yoga.

12. (a) Explain classification of asana.

**Or**

- (b) Explain benefits asana.

13. (a) Describe types of Pranayama.

**Or**

- (b) Explain benefits of Kapalabhati.

14. (a) Explain importance of Dhauti.

**Or**

- (b) Explain chin and chinmaya mudra.

15. (a) Explain concept of Meditation.

**Or**

- (b) Explain principles of yogic diet.

**Part C**

(3 × 10 = 30)

Answer any **THREE** questions.

16. Explain eight limbs of Yoga.

17. Explain difference between physical exercise and yogic asana.

18. Explain different types of Pranayama.

19. Briefly explain types of Kriyas and its benefits.

20. Explain Physiological benefits of Meditation.

**A-10416**

**Sub. Code**

**6BPE5C3**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**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. Expand FIVB.
2. Specification of the sticks in hockey.
3. What is meant by LBW?
4. What is the purpose of bonus line in kabaddi?
5. List down the officials in football.
6. Write the specification of basketball board.
7. What is the length and width of the volleyball court?
8. List down any two major tournaments in cricket.
9. What is the circumference of the circle in football?
10. Write the length of the cricket pitch.

**Part B**

(5 × 5 = 25)

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

11. (a) Write a brief history of basketball game.

Or

- (b) Briefly explain the national organization of cricket.

12. (a) Explain any two fundamental skills in volleyball.

Or

- (b) Explain any two lead up games in basketball.

13. (a) Explain any two types of warming up.

Or

- (b) Explain any two technical training in hockey.

14. (a) Draw the layout of the hockey field with all its measurement.

Or

- (b) List down the facilities, equipment and specifications in volleyball.

15. (a) List the duties of umpires before the match in cricket.

Or

- (b) Explain the duties of officials in hockey.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Enumerate the history and development of football game in India.
  17. List down the various system of play in football.
  18. Prepare a 15 day coaching program for university cricket team.
  19. Draw a neat diagram of basketball court with all measurement.
  20. Explain the duties of officials in basketball.
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**A-10417**

**Sub. Code**

**6BPE6C1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &**

**Supplementary/Improvement/Arrear Examinations**

**Sixth Semester**

**Physical Education**

**SPORTS BIOMECHANICS**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define angular motion.
2. Define linear kinematics.
3. Define Angular distance.
4. Define Velocity.
5. Explain Angular Speed.
6. Define unstable equilibrium.
7. Define First class lever.
8. List down the laws of motion.
9. Define Double Propulsion.
10. Define buyoancy.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about the need of biomechanics in sports.  
Or  
(b) Explain about the air and water resistance in detail.
12. (a) Explain about center of gravity in detail.  
Or  
(b) Explain about centripetal and centrifugal force.
13. (a) Explain about the types of equilibrium.  
Or  
(b) Explain about the second and third order lever with suitable examples.
14. (a) Explain about the relationship between force and mass.  
Or  
(b) Explain about the types of motion in detail.
15. (a) Explain about the biomechanical principles involved in Jumping.  
Or  
(b) Explain about the biomechanical principles involved in Walking.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the meaning and definition of biomechanics in sports.
17. Explain about the angular speed, velocity and acceleration in detail.



18. Explain the types of lever with suitable examples.
  19. Explain about the factors affecting force.
  20. Explain about the biomechanical principles involved in the Javelin throw event in detail.
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**A-10418**

**Sub. Code**

**6BPE6C2**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Sixth Semester**

**Physical Education**

**SPORTS PSYCHOLOGY AND SOCIOLOGY**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define sports psychology.
2. What is movement time?
3. Define motor learning.
4. What is endurance?
5. Define perception.
6. Meaning of anxiety.
7. What is trait?
8. Meaning of personality.
9. Meaning of sociology.
10. Meaning of group cohesion.

**Part B**

(5 × 5 = 25)

Answer **all** questions.

11. (a) Briefly explain the meaning and definition of psychology.

Or

- (b) Give a brief history of sports psychology in India.

12. (a) Write short note on psychomotor learning.

Or

- (b) Briefly explain co-ordination and reaction time.

13. (a) Explain any one theories of aggression.

Or

- (b) Explain the role of anxiety in sports.

14. (a) Briefly explain the personality traits of sports person.

Or

- (b) Briefly explain the composition of personality.

15. (a) Write short note on social integration.

Or

- (b) Briefly explain the leadership in sports.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Enumerate the need and importance of sports psychology in the field of physical education.

17. Explain the following

- (a) Endurance (b) Flexibility (c) Reflex time (d) balance

18. Explain any two theories of perception.
  19. Explain the psycho regulative procedures.
  20. Enumerate the nature and scope of sociology in physical education and sports.
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**A-10419**

**Sub. Code**

**6BPE3E1**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &**

**Supplementary/Improvement/Arrear Examinations**

**Sixth Semester**

**Physical Education**

**ELECTIVE-COMPUTER APPLICATIONS IN PHYSICAL  
EDUCATION**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Brief note on keyboard.
2. Brief note on Dot matrix printers.
3. Expand RAM.
4. What is mean by memory?
5. Define software.
6. Write about operating systems.
7. Short note on clock and calendar.
8. Short note on WordPad.
9. List the uses of Power Point.
10. Write any two uses of Excels.

**Part B**

(5 × 5 = 25)

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

11. (a) Draw a block diagram of computer.

Or

- (b) Briefly explain about Barcodes.

12. (a) Explain briefly about hard disk.

Or

- (b) Explain the characteristics of computer.

13. (a) Short notes on Interpreters.

Or

- (b) Explain the word processors.

14. (a) How to work with multiple applications?

Or

- (b) Explain different types of windows applications.

15. (a) How to prepare a power point Presentation?

Or

- (b) Create an Excel sheet with an example.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain output devices in the computer.

17. Narrate about central processing unit.

18. Describe the different languages in detail.
  19. Explain the different applications in windows.
  20. How to edit, format and create document in windows 98.
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**A-10420**

**Sub. Code**

**6BPEA4**

**B.Sc. DEGREE EXAMINATION, APRIL 2021 &  
Supplementary/Improvement/Arrear Examinations**

**Physical Education**

**Allied - SPORTS JOURNALISM**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **ALL** the questions.

1. Define journal.
2. Define Sports Education.
3. Define Hourly bulletin.
4. Define External Bulletin.
5. Define Sports Journalism.
6. Define Sports reviews.
7. Explain about traditional games.
8. Define Winter Summer Olympics.
9. Define mass media.
10. Define Commentary.



**Part B**

(5 × 5 = 25)

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

11. (a) Explain about ideas of journalism.

Or

- (b) Explain about sports education in detail.

12. (a) Explain the external bulletin in detail.

Or

- (b) Explain about structure of sports bulletin.

13. (a) Explain about general news reporting in detail.

Or

- (b) Explain about Sports journalism in detail.

14. (a) Explain about Indian traditional games in detail.

Or

- (b) Explain about summer Olympic games.

15. (a) Explain about the sports expert's comments.

Or

- (b) Explain about the Running Commentary in Radio and TV.

**Part C**

(3 × 10 = 30)

Answer any **THREE** questions.

16. Explain about the news, information and ideas of journalism.

17. Explain about the compiling a sports bulletin.

18. Discuss about sports as an integral part of physical education.
  19. Explain about the history of Winter Olympic games.
  20. Explain about the sports reviews for the Radio and TV in detail.
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