

S-2782

Sub. Code

23BPE1C1

B.Sc. DEGREE EXAMINATION, APRIL 2024

First Semester

Physical Education

**FOUNDATION OF PHYSICAL EDUCATION AND
SPORTS**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define Physical Culture.
2. What is “Physical Education”?
3. Define “Cognitive Development”.
4. Explain “Plateau” stage in Learning Curve.
5. Define Sociology.
6. Define Olympic Oath.
7. Explain about Olympic Flag.
8. Expand SAT.
9. Expand RDS.
10. List any two Sports Academic Awards.

Part B

(5 × 5 = 25)

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

11. (a) Explain about the meaning and definition of Physical Education.

Or

- (b) Explain about Physical Training in detail.

12. (a) Explain about Neuro Muscular Development through Physical Education.

Or

- (b) Explain about any one theories of learning with suitable example.

13. (a) Explain about the contribution of Psychology in Physical Education.

Or

- (b) Explain about the contribution of Computer Science in Physical Education.

14. (a) Write about the history of Physical Education in Athens.

Or

- (b) Explain about Development of Modern Olympic Games.

15. (a) Explain about Rajiv Gandhi Khel Raffia Award in detail.

Or

- (b) Explain about the role of NSNIS in sports development.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the Laws of Learning in detail.
 17. Explain about the Nature and Scope of Physical Education.
 18. Explain about the contributions of sports medicine and Biomechanics to Physical Education.
 19. Explain about LNIPE and SNIPES in detail.
 20. Explain about Arjuna Award and Dhronocharya Award in detail.
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S-2783

Sub. Code

23BPE1C2

B.Sc. DEGREE EXAMINATION, APRIL 2024

First Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Explain anatomy.
2. What is cell?
3. List long bone.
4. Define joint.
5. Explain nervous system.
6. Explain esophagus.
7. What is respiration?
8. Write chambers in heart.
9. Explain glands.
10. What is hormone?

Part B

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Write scope of physiology.

Or

(b) Explain types of tissue.

12. (a) Explain the function of skeletal system.

Or

(b) List down movements of joints.

13. (a) Explain parts of brain.

Or

(b) Describe structure and function of spinal cord.

14. (a) Brief function of lungs and its parts.

Or

(b) Explain cardiac cycle.

15. (a) Brief functions of glands.

Or

(b) Explain thyroid gland and its function.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Brief importance of anatomy and physiology for physical education.

17. Explain types of joints with suitable diagram.

18. Draw a neat diagram of brain and its structure.
 19. Explain structure and function of heart with diagram.
 20. Explain the structure and function of any two glands.
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S-2784

Sub. Code

23BPEA1

B.Sc. DEGREE EXAMINATION, APRIL 2024

Physical Education

Allied — FITNESS AND WELLNESS

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is called Fitness?
2. Abbreviation for BMI and WHO.
3. Define the term Health.
4. What is called Anaerobic Training?
5. Define Balance Diet.
6. The term Flexibility means
7. Write any two aerobic training?
8. What is called Wellness?
9. Mention any two health habits.
10. Abbreviation for HDL and LDL

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on Isometric exercise.

Or

- (b) How to develop agility and balance? Specify its relationship.

12. (a) Mention the micro nutrients and its uses to human health.

Or

- (b) Distinguish between the cardiovascular and cardio respiratory endurance.

13. (a) Explain the carbohydrate and its nutritional chart with calories.

Or

- (b) Discuss the aim and objective of wellness for both men and women.

14. (a) Mention the classification of food and its nutritive values.

Or

- (b) Mention the factors that influence the fitness.

15. (a) Narrate the relationship between fitness, health and wellness.

Or

- (b) Explain the factors influence fitness.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Illustrate the battery test to assess the different types of physical fitness qualities.
 17. Explain the principle of weight control.
 18. Distinguish between health related and athletic related physical fitness.
 19. Write about the physical fitness component.
 20. Explain the methods of calculating percent body fat.
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S-2785

Sub. Code

23BPE1S1

B.Sc. DEGREE EXAMINATION, APRIL 2024

First Semester

Physical Education

CARE AND PREVENTION OF SPORTS INJURIES

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the lordosis?
2. Define the Round shoulder
3. Explain the passive exercise.
4. Principles of massage.
5. Causes of deviation of bad posture.
6. What is the poking?
7. Types of sports injures.
8. How to use of apply to heat therapy?
9. Define the ultrasonic sound.
10. Mention the types of infrared rays.

Part B

(5 × 5 = 25)

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

11. (a) Importance of care and prevention of sports injuries.

Or

- (b) Define posture and Explain normal curve of the spine and its utility.

12. (a) Mention different posture test and illustrate any one of them.

Or

- (b) Briefly write about scoliosis.

13. (a) Briefly explain types strengthening exercises.

Or

- (b) How do resisted exercises contribute to the rehabilitation process, and when are they used?

14. (a) Describe the classification massage.

Or

- (b) Provide examples of indications and contraindications for massage in a therapeutic context.

15. (a) Explain the key principles for preventing sports injuries and their application in sport.

Or

- (b) Briefly explains the Principles and techniques of strapping and bandages.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Define the fatback and explain its causes type and management in detail.
 17. Compare and contrast passive, active, assisted, and resisted exercises for rehabilitation.
 18. What is the difference between posture and good posture?
 19. Explain physiological and psychological effects of massage.
 20. Describe the physiological effects, indication and contraindications of infrared rays.
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S-2786

Sub. Code

23BPE1FC

B.Sc. DEGREE EXAMINATION, APRIL 2024

First Semester

Physical Education

**HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is physical education?
2. Define the Y.M.C.A.
3. Explain physical culture.
4. What is the relationship between physical activity?
5. Define the chronological age.
6. Definition of physical training.
7. What is the meaning of Recreation and give examples?
8. What is the psycho physical unity of human being?
9. Define the sociology.
10. Types of group behavior.

Part B

(5 × 5 = 25)

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

11. (a) Briefly explain the Y.M.C.A.

Or

- (b) Explain the modern Olympic Games.

12. (a) What is the relationship between posture physical education?

Or

- (b) Explain the objectives of physical education in detail.

13. (a) Write about heredity and environment.

Or

- (b) Briefly explain the chronological and anatomical physiological ages.

14. (a) Explain the types of learning.

Or

- (b) Importance of transfer of training in physical education.

15. (a) Describe the sociological foundation of physical education.

Or

- (b) Meaning and definition of sociology and sports sociology.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain Physical education in Ancient Greece.
 17. Meaning and definition of terms in physical education.
 18. Explain the biological foundation of physical education.
 19. Describe the role of learner in different learning situation.
 20. Meaning definition of sports and games enhance culture and heritage?
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S-2787

Sub. Code

23BPE2C1

B.Sc. DEGREE EXAMINATION, APRIL 2024

Second Semester

Physical Education

**ORGANIZATION ADMINISTRATION AND METHODS IN
PHYSICAL EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. Meaning of the Organization.
2. List down any two Importance of organization and administration.
3. Difference between Court and Field.
4. List down the any two Swimming style.
5. What is Lead-up activity?
6. List down the any three Minor games.
7. Weight of the Shot put for men category.
8. Write any two long sitting asanas.
9. What is called Tournament?
10. Types of League.

Section B

(5 × 5 = 25)

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

11. (a) Explain the scheme of Physical education in schools.

Or

- (b) Discuss about the scheme of physical education in District level.

12. (a) Explain any five volleyball games Rules and regulations.

Or

- (b) Draw a Hockey field with all measurements.

13. (a) Briefly explain the Teaching aids.

Or

- (b) Write about the one Calisthenics exercise explains bye count method.

14. (a) Draw a Long jump pit with all measurements.

Or

- (b) Explain the Sarvangasana procedures.

15. (a) List down the Types of tournament and explains any one in detail.

Or

- (b) Explain the advantages and disadvantages of Knock out tournament.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Narrate the Importance of organization and administration.
 17. Elaborate the Care and maintenance of playfield.
 18. Describe the Principles of class management.
 19. Explain the General lesson plan in teaching practice.
 20. Draw a Fixture of 14 teams on the knock out with date, time and venue of the matches.
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S-2788

Sub. Code

23BPE2C2

B.Sc. DEGREE EXAMINATION, APRIL 2024

Second Semester

Physical Education

TRACK AND FIELD – I

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Write two names of long distance event.
2. How many event six decathlon?
3. Write any two athletic age groups.
4. Write the full form of RLR.
5. What is non standard track?
6. Write the types of track.
7. What is half marathon?
8. Write any two names of sprint events.
9. Write any two names of field events.
10. Write the weight of men and women shot.

Part B

(5 × 5 = 25)

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

11. (a) Explain the combined events.

Or

- (b) Explain-how wilt you do the selection according to the age group.

12. (a) Explain the guiding principles of a standard track.

Or

- (b) Explain the duties of the track officials.

13. (a) Explain the duties of the field officials.

Or

- (b) Draw a neat diagram of triple jump pit.

14. (a) Draw a high jump area with measurement.

Or

- (b) Explain-the maintenance of 400mts track.

15. (a) Explain any two event in long distance race in detail.

Or

- (b) Describe the duties of the time keeper and technical manager in athletics.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the duties of competition officials in track and field.
 17. Explain-the amateur and professionalism in sports.
 18. Draw a neat diagram of 400mts track.
 19. Explain the specification of equipment, rules and interpretations in track events.
 20. Draw a neat diagram of discuss sector with measurement.
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S-2789

Sub. Code

23BPEA2

B.Sc. DEGREE EXAMINATION, APRIL 2024

Physical Education

Allied – THEORIES OF MAJOR GAMES – I

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the specification of football field?
2. What is the measurement of volleyball court?
3. What are the 11 positions in soccer game?
4. Volleyball game is otherwise name known as.
5. How many laws of football game?
6. Expand FIVB.
7. Short notes on three seconds violation in basketball game.
8. What is the volleyball full court dimension?
9. What is the specification of football post?
10. Scoring system in volleyball game.

Part B

(5 × 5 = 25)

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

11. (a) Briefly explain the History and origin of football game.

Or

- (b) Write the short note on development of volleyball game.

12. (a) Draw a neat diagram of basketball court and explain technical foul.

Or

- (b) Distinguish violation and fouls in basketball.

13. (a) Write down the duties of officials in volleyball.

Or

- (b) Draw a neat diagram of volleyball court with all measurements for women.

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

Or

- (b) Briefly explain the warming up and cooling down.

15. (a) What are the duties of officials in volleyball game?

Or

- (b) Briefly explain the Santosh trophy and Rovers cup in football game.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the qualities and qualification of officials in volleyball game.
 17. Draw a neat diagram of football field with all markings.
 18. Write short note on.
 - (a) Fouls in basketball
 - (b) Duties of line referee in football.
 19. Explain the philosophy and mechanism of officiating in basketball.
 20. Explain the duties of referee and scorer in football.
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S-2790

Sub. Code

23BPEA3

B.Sc. DEGREE EXAMINATION, APRIL 2024

Physical Education

Allied – THEORIES OF MAJOR GAMES – II

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Write a full form of IAAF.
2. How many hurdles are in a 400m hurdles race?
3. What are the specifications of Cricket pitch?
4. What is the running distance in a cross-country event for men?
5. Dimension of ball for women in Handball.
6. What is Time out' in cricket?
7. Specification of Hockey stick.
8. What is the duration of Hockey match?
9. Dimension of 'Relay Baton'.
10. Write a Card system' and Time out' in Handball.

Part B

(5 × 5 = 25)

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

11. (a) Explain the history of Handball.

Or

- (b) Write down the historical development of cricket in India.

12. (a) Describe the history of track and field events.

Or

- (b) Draw a neat diagram of field hockey with all its measurement.

13. (a) Write a short note on Lead-up games in any one fundamental skill.

Or

- (b) What is Warm Up? Explain in detail its importance in Middle distance events.

14. (a) Write down the types of starting in sprint events and explain.

Or

- (b) Explain the general rules of track events.

15. (a) What are the duties and responsibilities of each official in handball match?

Or

- (b) Write a short note on organizational setup in State level competitions.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Draw a neat diagram of 200m track with necessary marking and measurements.
 17. Write down five basic skills of Hockey along with their importance and techniques.
 18. Write about historical development and modern trends at International field Athletics.
 19. Briefly explain the any two training and their components.
 20. Discuss about the organizational setup of National and International level Competitions.
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S-2791

Sub. Code

23BPEA4

B.Sc. DEGREE EXAMINATION, APRIL 2024

Physical Education

Allied – SPORTS TALENT IDENTIFICATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. Meaning of Talent Identification.
2. List down any two mobile app fitness assessment tests.
3. Formula of BMI.
4. Meaning of Chronological age.
5. List down any two psychological assessment tests.
6. What are the items of Johnson basketball ability test?
7. Expanding SDAT.
8. What is body composition?
9. Define fitness.
10. What is a sports aptitude test?

Section B

(5 × 5 = 25)

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

11. (a) Describe the need and importance of sports talent identification.

Or

- (b) Explain the scope of sports talent identification.

12. (a) Explain the role of physical education teacher in school.

Or

- (b) Write in detail the definition and components of physical fitness.

13. (a) Explain in detail the different phases of talent identification.

Or

- (b) Explain the procedure of measuring body types.

14. (a) Describe the procedure of Johnson basketball test.

Or

- (b) Describe the procedure of McDonald soccer test.

15. (a) Write a short note on Beep test.

Or

- (b) Explain the benefits of technology based fitness app.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the concept of preparation for competition with suitable example.
 17. Describe the Khelo India battery test.
 18. Discuss the genetics and their role in sports performance.
 19. Explain any two skill test for racket games.
 20. Elaborate any two psychological assessment tests.
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S-2792

Sub. Code

23BPE2S1

B.Sc. DEGREE EXAMINATION, APRIL 2024

Second Semester

Physical Education

RECREATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** questions.

1. Define sports.
2. Meaning of recreation.
3. What is physical fitness?
4. Write down the industrial recreation.
5. Define aquatics recreation.
6. What do you mean by traditional game?
7. Define leadership.
8. Write down the type of Leaders.
9. Define hobbies.
10. What is programme construction?

Section B

(5 × 5 = 25)

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

11. (a) Explain the objectives of recreation.

Or

- (b) Write down the significance of the recreation.

12. (a) Explain the historical development of recreation.

Or

- (b) Explain the roman period ages.

13. (a) Describe the techniques of leadership.

Or

- (b) Explain the types of camp.

14. (a) Explain the concept of recreation.

Or

- (b) Explain the types of recreation activities.

15. (a) Explain the any two types of hobbies.

Or

- (b) Explain objectives and qualities of good recreation leader.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. How is sports and recreation is important in today's life style?
 17. Explain the use of leisure time activities and their educational values.
 18. Explain the categorization of sports and recreation.
 19. Explain the techniques of Leaders.
 20. Explain the scope and types of hobbies.
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S-2793

Sub. Code

23BPE2S2

B.Sc. DEGREE EXAMINATION, APRIL 2024

Second Semester

Physical Education

SPORTS JOURNALISM

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** questions.

1. Define news.
2. Short note on Sports Journalism.
3. What is Sports Bulletin?
4. Define Recreation.
5. What is meant by Sports Organization?
6. What is a General news paper source?
7. List down traditional game of India.
8. Who is the father of Asian game?
9. Define Media in Sports.
10. What is sports reviews?

Section B

(5 × 5 = 25)

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

11. (a) Explain the journalism and sports bulletin.

Or

- (b) Elaborate the canons of journalism.

12. (a) Explain the Hourly bulletin and special bulletin.

Or

- (b) Describe the recreation in India since independence.

13. (a) Explain the sport is integral part of physical education.

Or

- (b) Explain the sports Organization.

14. (a) Explain the winter Olympic and summer Olympic Games.

Or

- (b) Elaborate the common wealth game.

15. (a) Explain the sports experts comment.

Or

- (b) Write the Short note on Media sources.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Elaborate the sports Journalism.
 17. Explain the recreation in U.S.A.
 18. Explain the news paper reporting in sports.
 19. Explain the common wealth sports.
 20. Describe the Mass media in sports.
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