

S-4538

Sub. Code

23BPE1C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

**FOUNDATION OF PHYSICAL EDUCATION AND
SPORTS**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions

1. What is the Nature of the physical education?
2. Define Sports Training.
3. Explain the Neuromuscular?
4. Explain the Recreational.
5. Define the Biomechanics.
6. Define the Kinesiology.
7. Explain the Olympic flag.
8. What is Emblem?
9. Who is to be hosted next Asian Games?
10. Explain RDS.

Section B

(5 × 5 = 25)

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

11. (a) Describe the System of Sports Training.

Or

- (b) Explain the characteristics of Sports training.

12. (a) Explain the Aim and objectives of Physical education?

Or

- (b) Briefly explain the Sports medicine?

13. (a) Explain the National Sports Award?

Or

- (b) Explain the Short Note on movement

14. (a) Discuss duties and Responsibilities of Olympic Committee?

Or

- (b) Write about Olympic Opening ceremony?

15. (a) Explain the Arjuna Award.

Or

- (b) Explain the Tamilnadu Government Scholarships for the Sports Persons?

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the difference between physical cultural and physical training?
 17. What is talent identification and development?
 18. What is the contribution of bio-mechanics in sports?
 19. Explain the difference between the Ancient Olympic and modern Olympic?
 20. Explain
 - (a) SNIPES
 - (b) SAF
 - (c) BDS
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S-4539

Sub. Code

23BPE1C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions

1. What is tissue?
2. Explain the Skeletal muscle.
3. Write a Short Note on Femer.
4. What is Sacbula?
5. Write the Short Note on Brain.
6. What is liver?
7. Explain the Cardiac output.
8. Explain the Lungs.
9. What is Pancreas?
10. Explain Thyroid gland.

Section B**(5 × 5 = 25)**

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

11. (a) Draw a neat diagram of the cell?

Or

- (b) Write down the Cardiac muscle and Smooth muscle.

12. (a) Explain the Pelvic Bones?

Or

- (b) Explain the Sacral bone?

13. (a) Explain the Nervous System?

Or

- (b) Explain the Functions of the Pancreas?

14. (a) Draw the diagram of the Heart.

Or

- (b) Explain the Composition of blood.

15. (a) Explain the Role of Pituitary gland.

Or

- (b) Narrate the Benefits of the Thymus.

Section C**(3 × 10 = 30)**

Answer any **three** questions.

16. Explain the functions of Digestive System?
17. Explain The Mechanism of Muscle Contraction?

18. Briefly explain the meaning and functions of skeletal muscles?
 19. Explain the functions of Respiratory System.
 20. Illustrate the Endocrine Glands?
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S-4540

Sub. Code

23BPEA1

B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Define Fitness.
2. Define health.
3. Explain the Balance diet?
4. Define Isotonic exercise.
5. Write short note on Ability.
6. Explain the Minerals?
7. Explain the weight management.
8. Explain the Fat.
9. Define Proteins.
10. Define muscular Strength.

Part B

(5 × 5 = 25)

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

11. (a) Explain about the Isometric?

Or

- (b) Explain the Health Related Physical fitness?

12. (a) Write a short note on Fitness?

Or

- (b) Write a short note on Aerobic exercises?

13. (a) Briefly Explain the Physical fitness components?

Or

- (b) List down the components of fitness and explain in anyone.

14. (a) Write a Short Note on Carbohydrates?

Or

- (b) Explain the Importance of the Nutrition?

15. (a) Write a short Note on BMI?

Or

- (b) Explain the benefits of muscular endurance?

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the concept of Wellness and explain the dimensions of wellness.
 17. Explain the factors Influencing fitness and benefits of fitness.
 18. Explain the Short note on
 - (a) Vitamins
 - (b) Proteins
 - (c) Minerals.
 19. Briefly discuss The Anaerobic exercise.
 20. Describe the Principles of weight loss management?
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S-4541

Sub. Code

23BPE1S1

B.Sc. DEGREE EXAMINATION, NOVEMBER 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 Lordosis?
2. Definition of Care and Prevention of sports injuries.
3. List out the any two causes of Bad Posture.
4. What is called Postural test?
5. Meaning of Active exercise.
6. List out the any three Therapeutic exercise.
7. What is called Effleurage?
8. Write any three Massages.
9. Expansion of SWD.
10. What is called Bandages?

Part B

(5 × 5 = 25)

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

11. (a) Briefly explain the cause of Deviations.

Or

- (b) Discuss about the Injuries and Postures.

12. (a) Explain the Objectives of Corrective physical education.

Or

- (b) Elaborate the Examination of the Spine.

13. (a) Describe about the Resisted exercise for Rehabilitation.

Or

- (b) Write about the Role of assisted exercise in physical education.

14. (a) Explain the Slapping and Cupping.

Or

- (b) Write about the Types of Manipulation.

15. (a) Explain the Importance of Sports injuries.

Or

- (b) Elaborate the key principles to apply Cold and Heat therapy.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the
 - (a) Lordosis
 - (b) Scoliosis
 - (c) Kyphosis
 17. Discuss about the Postural test and importance in Physical education.
 18. What is Strength exercise and Role of with Equipment and without Equipment exercises?
 19. Briefly explain the Physiological, Chemical and Psychological benefits through massage.
 20. Describe about the Principles and techniques of Strapping and Bandages.
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S-4542

Sub. Code

23BPE1FC

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

**HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions

1. Olympic motto.
2. Expansion of YMCA.
3. Meaning of Physical education.
4. What is called Recreation?
5. Heredity.
6. List down any two physiological in difference Male and Female.
7. Types of Learning.
8. What is called Transfer training?
9. Meaning of Heritage.
10. Definition of Sociology.

Section B

(5 × 5 = 25)

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

11. (a) Elaborate the Sports Authority of India.

Or

- (b) Briefly explain the Difference between the Sparta and Athens.

12. (a) Explain the Aims of physical education.

Or

- (b) Discuss about the Health education and Recreation.

13. (a) Difference between Growth and Development.

Or

- (b) Explain the Types of Ages.

14. (a) Types of Transfer of training.

Or

- (b) Explain the Psychological and Transfer.

15. (a) Explain the meaning and Types of group.

Or

- (b) Write about the Sports and games performance enhance and through Culture and Heritage.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the Ancient and Modern Olympic games.
 17. Describe the Aim and Objectives of physical education.
 18. Difference between the male and female Structure and Characters.
 19. Explain the
 - (a) Nature
 - (b) Learning
 - (c) Transfer training
 20. Narrate the Importance of physical education and Sports in Society.
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S-4543

Sub. Code

23BPE2C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Second Semester

Physical Education

**ORGANISATION 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 Administration.
2. Expansion of CEO.
3. Write a standard track Length and width.
4. What is called Gymnasium?
5. Meaning of Teaching aids.
6. List down the any two Light apparatus.
7. Write a posture of Bhujangasana.
8. Definition of Aerobics.
9. Types of Tournament.
10. Meaning of BYE.

Section B**(5 × 5 = 25)**

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

11. (a) Explain the scheme of physical education in Colleges.

Or

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

12. (a) Explain any five Kabaddi Rules and regulations.

Or

- (b) Draw a Volleyball court with all measurements.

13. (a) Elaborate the Teaching aids.

Or

- (b) Briefly explain the any one Minor game.

14. (a) Draw a Discus sector with all measurements.

Or

- (b) Explain the any one Wands exercise.

15. (a) Explain about the league tournament with suitable example.

Or

- (b) Elaborate the advantages and disadvantages of League tournament.

Section C**(3 × 10 = 30)**

Answer any **three** questions.

16. Explain the scheme of physical education in Universities.

17. Draw a Standard track and field with starting and finishing points.

18. Describe the factors influencing in presenting technique.
 19. Briefly explain the Suryanamaskar benefits.
 20. Explain about the Types of tournaments.
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S-4544

Sub. Code

23BPE2C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Second Semester

Physical Education

TRACK AND FIELD - I

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** questions.

1. Write any three combined events.
2. Expand CLR.
3. What is Full Marathon?
4. How many types of Heptathlon.
5. Write the full form of IAAF.
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 seeding in track events?
10. Define standard track.

Section 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 need of warm-up in sports field.

Or

- (b) Draw a neat diagram of a discuss sector with necessary measurements.

14. (a) Explain the middle distance events.

Or

- (b) Draw a neat diagram of a 200 track 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.

Section 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. Briefly explain the system of officiating in field events.
 19. Draw a neat diagram for all jump pits.
 20. Calculate the stagger and diagonal excess distance for 4 × 100 mts relay race for standard track with 84.39 mts straight.
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S-4545

Sub. Code

23BPEA2

B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Expansion FIFA.
2. Basic fundamental game in football.
3. Mention the duties of libero in volleyball.
4. Write the list down fundament of skills in football game.
5. What are the coaching techniques in basketball?
6. What are the coaching pointes for dribbling in football?
7. What is the basketball weight?
8. Specification of volleyball antenna.
9. Specification of basketball court.
10. Volleyball hand signals any two with explanation.

Part B

(5 × 5 = 25)

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

11. (a) Briefly explain the origin of volleyball game.

Or

- (b) Describe the history and development of the football game.

12. (a) Elaborate the fundamental skills in basketball game.

Or

- (b) Explain the 17 laws of football game.

13. (a) Explain the Williams cup in basketball game.

Or

- (b) Elaborate the tactical and technical in basketball game.

14. (a) Draw a neat diagram of Volleyball court for men.

Or

- (b) Explain any five rules and interpretation of volleyball game.

15. (a) Elaborate the method of officiating in football.

Or

- (b) Explain the offside rule in football.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the history and development of basketball.
 17. Explain the lead- up games for football.
 18. Explain the various methods of training in volleyball game.
 19. Explain the rules and regulations of FIFA.
 20. Explain the officiating and second referee's duties in volleyball game.
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S-4546

Sub. Code

23BPEA3

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Physical Education

Allied — THEORIES OF MAJOR GAMES — II

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. Define standard track.
2. What is half-marathon?
3. Dimension of ball for men in Handball.
4. What is meaning of LBW in the cricket games.
5. Which Indian hockey player is known as the Wizard of hockey?
6. Specification of Cricket bat.
7. Stagger distance formula of standard track.
8. What is the length and width of Hockey play field?
9. Define Warm down.
10. Write any five equipments are used in Cricket.

Section B**(5 × 5 = 25)**

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

11. (a) Explain the history of Hockey field.

Or

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

12. (a) Draw a diagram of Handball court with all its measurement.

Or

- (b) Write a short note on the quality of a good coach.

13. (a) Briefly explain the general rules of Relay competitions.

Or

- (b) List out the types of outs in Cricket.

14. (a) Write a short note on organizational set up in International level competitions.

Or

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

15. (a) Explain the principles and objectives of coaching.

Or

- (b) Write down the types of starting in sprint events explains any one with example.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Draw a neat diagram of 200m track with necessary marking and measurements.
 17. Explain the duties of competitions officials in track events.
 18. Draw a layout of a Hockey field with all measurements. Explain any one fundamental skill in Hockey.
 19. Write down five basic skills of Handball along with their importance
 20. Write about historical development and modern trends at International field Athletics.
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S-4548

Sub. Code

23BPE2S1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Second Semester

Physical Education

RECREATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the scope of recreation?
2. Write any two types of recreation.
3. What are the agencies of offering recreation?
4. Write down the industrial recreation?
5. Define aquatics recreation.
6. What do you mean by hiking?
7. Define leadership.
8. Write down the any four traditional games.
9. Define Camping.
10. What is fitness?

Part B

(5 × 5 = 25)

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

11. (a) Explain the Philosophy of recreation.

Or

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

12. (a) Explain the community based recreation.

Or

- (b) Explain the Industrial recreation.

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 sports and games through recreation.

15. (a) Explain the types of recreation.

Or

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

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write down the importance of recreation in physical education.
 17. Write detail organization and administration for recreation.
 18. Explain the types of recreation activities.
 19. Explain the techniques of Leaders.
 20. Explain the scope and significance of the camp.
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S-4549

Sub. Code

23BPE2S2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Second Semester

Physical Education

SPORTS JOURNALISM

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define Ethics.
2. What is by Journalism?
3. Define Bulletin.
4. Meaning of Recreation.
5. Define sports Journalism.
6. Short note on Organization.
7. How many types of Olympic games?
8. What is the motto of the common wealth game.
9. What is Mass media.
10. The term broadcasting refers to _____

Part B

(5 × 5 = 25)

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

11. (a) Explain the information and ideas.

Or

- (b) Write the short note on journalism and sports education.

12. (a) Explain the types of Bulletin.

Or

- (b) Describe the structure of sports bulletin.

13. (a) Elaborate the sports Journalism.

Or

- (b) Explain the general news paper report.

14. (a) Explain the Indian traditional game.

Or

- (b) Explain the modern Olympic game.

15. (a) Elaborate the Mass media in Journalism.

Or

- (b) Explain the sports reviews for the Radio and T.V.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the ethics of Journalism.
 17. Explain the compiling a bulletin.
 18. Describe the sports as an integral part of physical education.
 19. Explain the Asian games.
 20. Elaborate the sports experts' commentary.
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S-4550

Sub. Code

23BPE3C1

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

YOGA EDUCATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Which system of yoga emphasizes physical postures and purification?
2. What is Ashtanga Yoga?
3. What is Asana? Write the types of asanas.
4. What is the key difference between physical exercise and yogic asanas?
5. In Pranayama, what does 'Puraka' refer to?
6. Write the type of Pranayama.
7. Explain how Kriya helps in cleansing the digestive tract.
8. What is mudra? What does 'Chinmaya Mudra' symbolize?
9. What principle is important for a yogic diet?
10. What is the significance of integrating yoga with modern education?

Part B

(5 × 5 = 25)

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

11. (a) Explain the Ashtanga Yoga system.

Or

- (b) What is Karma Yoga? How does it promote selflessness and social responsibility?

12. (a) Describe the benefits of practicing meditative and cultural asanas.

Or

- (b) Compare and contrast physical exercises and yogic asanas in terms of goals and benefits.

13. (a) Describe Puraka, Kumbhaka and Rechaka.

Or

- (b) List and explain the benefits of practicing different types of Pranayama.

14. (a) Explain the meaning of Mudras.

Or

- (b) What are the various types of Dhauti, and how do they purify the body?

15. (a) Discuss the principles of a yogic diet and its role in maintaining a healthy lifestyle.

Or

- (b) How can yoga be integrated into modern education systems, and what are its potential benefits?

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the differences and similarities between Bhakti Yoga, Jnana Yoga, and Karma Yoga, with examples of how they can be practiced in daily life.
17. Compare meditative asanas with cultural asanas, focusing on their different purposes and the specific benefits they provide.
18. Discuss the three main stages of Pranayama: Puraka, Kumbhaka and Rechaka. How do these stages help in enhancing physical and mental health?
19. Define Mudras and explain the physiological and psychological benefits of Chin Mudra and Brahma Mudra in meditation and daily life.
20. Explain how yoga and meditation can be integrated into modern education systems. Discuss the potential benefits for students' academic performance, emotional well-being and personal growth.

S-4551

Sub. Code

23BPE3C2

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define sports training.
2. What is one principle of sports training?
3. What is load intensity in sports training?
4. Define overload in the context of training.
5. What are two forms of strength training?
6. What is flexibility in sports?
7. What is the purpose of the preparatory period in training?
8. Define periodization in sports training.
9. What is the aim of technique development in sports?
10. Define tactical development in sports.

Part B

(5 × 5 = 25)

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

11. (a) Explain the key principles of sports training.

Or

- (b) How does sports training differ from general physical activity?

12. (a) Discuss the relationship between training load and adaptation.

Or

- (b) What are the factors influencing load intensity and volume?

13. (a) Explain the means and methods to improve strength.

Or

- (b) Discuss the methods used to improve speed in athletes.

14. (a) Describe the stages of periodization and their significance in sports training.

Or

- (b) What is the cyclic process of training, and how does it impact long-term plans?

15. (a) Explain the methods used for developing techniques in sports.

Or

- (b) Discuss the stages involved in tactical development in sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the meaning and definition of sports training, and explain the key principles that guide effective training programs.
 17. Analyze the concept of training load, load intensity, and the relationship between load and adaptation, with examples from athletic training.
 18. Describe the various forms of strength, speed, and endurance training, and discuss the methods used to improve these motor qualities in athletes.
 19. Explain the importance of periodization in sports training, outlining the different stages and their roles in preparing athletes for competition.
 20. Discuss the aims and methods of both technique and tactical development in sports, highlighting their significance in achieving high performance.
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S-4552

Sub. Code

23BPE3C3

B.Sc. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

TEST AND MEASUREMENT AND EVALUATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of the term test.
2. Define the term measurement.
3. What is teacher made test?
4. Define objective test.
5. What is validity?
6. Define norms.
7. Define motor fitness.
8. Expand the term AAHPERD.
9. Define the term explosive strength.
10. Write the purpose of Boer-Miller test.

Part B

(5 × 5 = 25)

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

11. (a) Explain the meaning and definition of term measurement in physical education.

Or

- (b) Write the meaning and definition of evaluation in physical education.

12. (a) List down the duties during testing for the administration of test in physical education.

Or

- (b) Explain the duties after testing for the administration of test in physical education.

13. (a) Explain the twelve minutes run/walk test in detail.

Or

- (b) Explain the tests for explosive strength and flexibility.

14. (a) Illustrate about test items in J.C.R. test.

Or

- (b) Explain the Harvard step test in detail.

15. (a) Explain about McDonald soccer test.

Or

- (b) Briefly write about Helmen volleyball test.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the need and importance of measurement and evaluation in physical education.
 17. Discuss in detail about construction of knowledge test and skill test.
 18. Briefly discuss the criteria of test selection in the field of physical education.
 19. Describe all the test items of AAPHER youth fitness test battery in detail.
 20. Explain in detail about Johnson basketball test with neat diagram.
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