

S-5911

Sub. Code

23BPE1C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

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 and culture.
2. Meaning of the physical education.
3. Write a Short Note on Cognitive.
4. What is known as “Spiritual”?
5. Define Sociology.
6. Define Physiology.
7. Explain about Olympic oath.
8. Write a short note on the modern Olympic.
9. Expansion of LNIPE.
10. Expansion of SAF.

Part B

(5 × 5 = 25)

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

11. (a) Write physical education in India.

Or

- (b) Write a short note on Learning.

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

Or

- (b) Briefly explain the Physical Training.

13. (a) Discuss the factors influencing motivation

Or

- (b) Explain the Scientific Principles of the Physical education.

14. (a) Write the history of the modern Olympic.

Or

- (b) Write down Olympic village.

15. (a) Write the contribution of sports through Sports authority of India.

Or

- (b) Write short notes on RDS and BDS.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the AIM and objectives of Physical education.
 17. Explain the Contribution of Sports through Sports Authority of Tamilnadu.
 18. Explain Modern Olympics.
 19. Explain the need and importance of Sports Psychology
 20. Explain
 - (a) SNIPES
 - (b) SAI
 - (c) NSNIS
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S-5912

Sub. Code

23BPE1C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

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. Define cell.
2. What is Tissue?
3. Explain pelvic bone.
4. Explain types of joints.
5. Explain spinal cord.
6. What are the CNS and PNS?
7. Explain the Parathyroid.
8. What is the pituitary gland?
9. Define Heart.
10. Explain Stoke volume.

Section B

(5 × 5 = 25)

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

11. (a) Explain the Scope of Anatomy and Physiology.

Or

- (b) Explain the types of muscles.

12. (a) Explain the axial bones.

Or

- (b) Explain the Fibrous Joints.

13. (a) Explain the Functions of liver.

Or

- (b) Briefly Explain the Central Nervous System.

14. (a) Briefly note on vital capacity.

Or

- (b) Explain the Cardiac cycle and Cardiac Output.

15. (a) Explain the Functions of Endocrine glands.

Or

- (b) Explain the Role of the Human body function.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Draw a diagram of the cell and briefly explain the functions of the cell.
 17. Explain the appendicular bones and synovial joints.
 18. Draw a diagram of the Digestive System.
 19. Briefly Explain the heart Structure and functions.
 20. Explain the human body development and functions.
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S-5913

Sub. Code

23BPEA1

U.G. DEGREE EXAMINATION, APRIL 2025.

Physical Education

Allied – FITNESS AND WELLNESS

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. Meaning the Health.
2. Define Wellness.
3. List down any two common training.
4. What is meant by Physical activity?
5. What do you mean by Body Composition?
6. What is Aerobic?
7. Explain Nutrition.
8. Define exercise.
9. Define Posture.
10. What is chronic disease?

Section B

(5 × 5 = 25)

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

11. (a) Explain about the Isometric?

Or

- (b) Briefly explain the benefit of health.

12. (a) Discuss the Aerobic exercise.

Or

- (b) Explain the various determinate of health.

13. (a) Explain the various components of Wellness.

Or

- (b) Explain the Cause and Solution of obesity.

14. (a) How to maintain the nutrition food.

Or

- (b) Explain the food Adulteration.

15. (a) Discuss the Common weight loss management.

Or

- (b) Explain the Cardio Vascular Risk factors.

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the Aim and objectives of Physical fitness.
 17. Explain the Anaerobic training for Athletes.
 18. Discuss the classification and the formation of Nutrition.
 19. Role of diet and exercise in weight management?
 20. Explain the Body mass Index and its Evaluation?
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S-5914

Sub. Code

23BPE1S1

B.Sc. DEGREE EXAMINATION, APRIL 2025.

First Semester

Physical Education

CARE AND PREVENTION OF SPORTS INJURIES

(CBCS 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of the Care and Prevention of sports injuries.
2. Write any two Importance of care and prevention of sports injuries.
3. What is called Posture?
4. Definition of Corrective of physical education.
5. List down three Passive exercise.
6. List down any three Strength exercise equipment's.
7. What is a Tapotement therapy?
8. Definition of Massage.
9. What is called Treatment?
10. Definition of Infrared rays.

Section B**(5 × 5 = 25)**

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

11. (a) Explain the Lordosis deviations in posture.

Or

- (b) Discuss about the Normal curve of the Spine and its Utility.

12. (a) Explain the drawbacks and causes of bad postures.

Or

- (b) Describe the Posture and Body mechanics.

13. (a) Write down a Passive and Active exercise.

Or

- (b) Briefly explain the Role of the strengthening exercise.

14. (a) Discuss about the History of massages.

Or

- (b) Write about on Stroking manipulation and Pressure manipulation.

15. (a) Explain about the Short wave diathermy.

Or

- (b) Elaborate the Infrared rays.

Section C**(3 × 10 = 30)**

Answer any **three** questions.

16. Narrate the Importance of care and prevention of sports injuries.

17. Briefly explain the Examination of the spine.
 18. Describe the Assisted and Resisted exercise.
 19. Briefly explain the classification of the manipulation used in massage and their specific uses on the Human body.
 20. Describe the Principles of pertaining to the to Prevention of sports injuries.
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S-5915

Sub. Code

23BPE1FC

B.Sc. DEGREE EXAMINATION, APRIL 2025.

First Semester

Physical Education

**HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION**

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. What is called Asian games?
2. Expansion of SAI.
3. Definition of Physical education.
4. Meaning of General education.
5. What is Anatomical age?
6. Write about the Environment.
7. List down two importance of Transfer learning in physical activities.
8. Types of Transfer training.
9. Definition of Sociology.
10. What is called Behaviour?

Section B**(5 × 5 = 25)**

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

11. (a) Explain the Asian game and commonwealth games.

Or

- (b) Explain the History of physical education.

12. (a) Elaborate the objectives of physical education.

Or

- (b) Explain the physical culture and physical training.

13. (a) Briefly explain the Growth and Development.

Or

- (b) Explain the concept of Heredity and Environment.

14. (a) Discuss about the physical unity of human organism.

Or

- (b) Explain the Types learning.

15. (a) Explain the meaning and definition of sociology and sports sociology.

Or

- (b) Describe the physical education and sports as a social institution.

Section C**(3 × 10 = 30)**

Answer any **three** questions.

16. Briefly explain the contribution of YMCA.
17. Explain the Relationship of physical education with general education.

18. Describe the Role of heredity and environment on growth and development.
 19. Narrate the Importance of transfer of training in learning physical activities.
 20. Explain the Factors affecting group behaviour.
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B.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

Physical Education

**ORGANIZATION ADMINISTRATION AND METHODS IN
PHYSICAL EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer all the questions.

1. Write the meaning of administration.
2. Define games period.
3. What is a gymnasium?
4. What is intramural?
5. Define conference.
6. Define minor games.
7. Define methods in physical education.
8. Explain the teaching aids in physical education.
9. Define league tournament.
10. Write the meaning of bye.

Part B

(5 × 5 = 25)

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

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

Or

- (b) Design the scheme of physical education in colleges.

12. (a) Draw a neat diagram of kabbadi court with all specifications.

Or

- (b) Design a neat diagram of basketball court with all specifications.

13. (a) List down the teaching aids in physical education.

Or

- (b) Write short notes on lezium and folk dance in physical education.

14. (a) Elucidate the rhythmic activities in physical education.

Or

- (b) Give details about suriyanamaskar.

15. (a) Write short notes on methods of drawing fixtures.

Or

- (b) Draw the single league fixture for 8 teams by using cyclic method.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the guiding principles of organization in physical education in detail.
 17. Point out the care and maintenance of play fields in details.
 18. Describe the factors influencing methods in physical education.
 19. Discuss in detail about the various parts of general lesson plan for any one of your favourite activity.
 20. Explain the method of drawing a single knock-out fixture for 22 teams.
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B.Sc. DEGREE EXAMINATION, APRIL 2025

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. What is the length of a standard track?
2. How does a 200 m non-standard track differ from a standard track?
3. What is the starting mark for a 100 m sprint event?
4. How is the hurdle spacing different for men and women in track events?
5. How many exchange zones are there in a 4 × 100 m relay race?
6. What is the standard distance for a marathon?
7. What is the diameter of a shot put circle?
8. How is the javelin throw sector marked?

9. What is the minimum height of the bar for a high jump?
10. How is the take-off board for a long jump marked?

Part B

(5 × 5 = 25)

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

11. (a) Explain the key markings required for a 400m standard track.

Or

- (b) Discuss the differences in markings between a 400 m standard track and a 200 m non-standard track.

12. (a) Describe the markings for a 400m middle-distance event.

Or

- (b) Explain the positioning of hurdles in a 110 m men's hurdle race.

13. (a) Describe the exchange zone markings for a 4x400m relay race.

Or

- (b) Explain the key markings for a long-distance walking event.

14. (a) Describe the key markings for a discus throw event.

Or

- (b) Explain the sector markings for a hammer throw.

15. (a) Explain the marking rules for a pole vault competition.

Or

- (b) Describe the layout and markings for a triple jump event.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe in detail the layout and marking specifications for a 400 m standard track, including all key zones.
17. Discuss the key markings for sprint and middle-distance events, focusing on starting lines, lanes, and finish lines for both men and women.
18. Explain the detailed marking requirements for relay races, focusing on the 4 × 100 m and 4 × 400 m relay events.
19. Discuss the complete marking specifications for shot put, discus, and javelin events, including throw zones and circle markings.
20. Provide a detailed explanation of the marking for high jump, long jump, and pole vault, including approach runways, take-off zones, and landing areas.
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S-5918

Sub. Code

23BPEA2

U.G. DEGREE EXAMINATION, APRIL 2025

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. Name the international governing body for football.
2. When and where did volleyball originate?
3. What is a lead-up game? Provide an example in basketball.
4. How is player selection done for a basketball team?
5. Define warm-up and its importance in football.
6. What is the role of tactical training in volleyball?
7. What are the dimensions of a football field?
8. Explain any two fundamental skills required in basketball.
9. What are the duties of a line judge in volleyball?
10. Name one major international volleyball tournament.

Part B

(5 × 5 = 25)

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

11. (a) Discuss the history and development of volleyball at the international level.

Or

- (b) Explain the role of national organizations in the promotion of football.

12. (a) What are the fundamental skills required in football?

Or

- (b) Explain the lead-up games used in volleyball training.

13. (a) Describe the components of a tactical training program for basketball players.

Or

- (b) Discuss the importance of a structured coaching program in football.

14. (a) Draw and label the layout of a standard football field.

Or

- (b) Explain the major rules and interpretations in basketball.

15. (a) What are the methods of officiating in volleyball, and what are the duties of a referee?

Or

- (b) Describe two important international football tournaments and their significance.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Analyze the history and development of basketball at the national and international levels.
17. Discuss the various systems of play in volleyball and how they influence player selection.
18. Explain the importance of warm-up, technical, and tactical training in football, and how they contribute to player performance.
19. Describe the layout, rules, and interpretations of a standard basketball court.
20. Analyze the duties of officials in football and discuss important international football tournaments and cups.
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S-5919

Sub. Code

23BPEA3

U.G. DEGREE EXAMINATION, APRIL 2025

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. Name two types of track events.
2. What is the role of district-level organizations in track events?
3. What is a lead-up game?
4. What factors are considered in the selection of athletes?
5. When did cricket originate?
6. Name one national organization for hockey.
7. What is the purpose of a warm-up?
8. What are the duties of officials in sports events?
9. What is the standard length of a cricket pitch?
10. Name one facility required for a hockey field.

Part B

(5 × 5 = 25)

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

11. (a) Discuss the development of relay events at the international level.

Or

- (b) Explain the differences between sprint and middle-distance events.

12. (a) Describe the fundamental skills necessary for relay races.

Or

- (b) What are the key considerations when selecting athletes for track events?

13. (a) Outline the history and development of handball at the international level.

Or

- (b) Discuss the systems of play used in hockey.

14. (a) Explain the importance of technical training in athletic development.

Or

- (b) Describe the system of officiating in cricket, including scorekeeping methods.

15. (a) Explain the layout and dimensions of a hockey field.

Or

- (b) Discuss the importance of having the correct equipment specifications in sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Trace the history and development of track events, focusing on sprint and hurdle races, and their evolution on the international stage.
 17. Analyze the techniques involved in lead-up games and their importance in improving fundamental skills in athletes.
 18. Discuss the historical development of cricket, hockey, and handball, and compare the organizational structures at the national and international levels.
 19. Explain the significance of warm-up, warm-down, and tactical training in preparing athletes for competition, and their roles in a coaching program.
 20. Describe the layout, measurements, and required facilities for a cricket field, including the specifications of the equipment used.
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S-5920

Sub. Code

23BPEA4

B.Sc. DEGREE EXAMINATION, APRIL 2025

Physical Education

Allied – SPORTS TALENT IDENTIFICATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define 'psychological resilience' in sports.
2. What is the Shuttle Run Test used to measure?
3. What does 'VO2 max' refer to and why is it important in endurance sports?
4. List two characteristics often assessed in talent identification for soccer.
5. What are motor skills, and how do they relate to talent identification?
6. Why is flexibility important for athletes?
7. Name two physiological systems critical for sports performance evaluation.
8. Define the term 'cardiovascular fitness' and its role in athletic talent identification.

9. What is the primary purpose of using a heart rate monitor in fitness assessments?
10. List two tests used for assessing basketball skills during talent identification.

Part B

(5 × 5 = 25)

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

11. (a) Explain how cardiovascular fitness impacts talent identification in endurance sports.

Or

- (b) Describe the role of physical fitness tests in identifying athletic talent.

12. (a) Explain how body composition influences an athlete's performance in various sports.

Or

- (b) Describe the importance of psychological attributes in talent identification.

13. (a) Discuss how muscle strength contributes to improved performance in explosive sports.

Or

- (b) Explain the significance of fitness test outcomes in shaping talent selection for team sports.

14. (a) Explain why skill proficiency is important for success in sports.

Or

- (b) Discuss the role of psychological assessments in talent evaluation for sports.

15. (a) Describe the use of GPS tracking systems in monitoring performance for endurance runners.

Or

- (b) Explain the relationship between skill tests and overall sports performance.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. How would you assess the motivation of young athletes during talent identification trials?
17. Compare and contrast the Beep Test and Cooper Test in evaluating cardiovascular endurance.
18. Which flexibility exercises would you recommend to improve an athlete's performance and why?
19. What skill assessment would you apply to evaluate a swimmer's technique, and why?
20. Differentiate between the data collected from psychological resilience tests and heart rate monitors.

S-5921

Sub. Code

23BPE2S1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

Physical Education

RECREATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is recreation?
2. Define the philosophy of recreation.
3. Define the term primitive culture.
4. Give an example for an educational institution that provides recreation.
5. What is leader in recreation?
6. Name any two indoor recreational activity.
7. Define the term hobby.
8. What is hiking in recreation?
9. Tell the purpose of dancing in recreation.
10. Name any two outdoor recreational activity.

Part B

(5 × 5 = 25)

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

11. (a) Illustrate the theories of play in recreation.

Or

- (b) Explain the scope and significance of recreation.

12. (a) Write short notes on development of recreation in U.S.A.

Or

- (b) Discuss about recreation in Roman period.

13. (a) Explain any two agencies which provide recreation in India.

Or

- (b) Write short notes on recreation in educational institutions.

14. (a) Discuss about Indoor recreational activities.

Or

- (b) Elucidate about Indoor recreational activities.

15. (a) Explain about nature study hobby in recreation.

Or

- (b) Write about hiking hobby in recreation.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss about philosophy and objectives of recreation in detail.
 17. Explain in detail about recreation in India since independence.
 18. Define leadership and explain the qualifications and qualities of good leader in recreation.
 19. Describe the general principles of programme construction in recreation.
 20. Describe about drama, music and aquatics hobbies in recreation.
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S-5922

Sub. Code

23BPE2S2

B.Sc. DEGREE EXAMINATION, APRIL 2025

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. What is a key component of sportsmanship in journalism?
2. Which agency is known for providing international sports news coverage?
3. What is a crucial element of compiling a sports bulletin?
4. How does sports reporting differ from general news reporting?
5. How does sports photography enhance journalism?
6. What is the main focus of editing in sports journalism?
7. Mention some Indian Traditional Games.
8. What is a key component when preparing a report of an annual sports meet for publication?
9. What is an essential activity during a visit to a newspaper office for understanding journalism?
10. What is the key objective of observing sports matches and preparing reports?

Part B

(5 × 5 = 25)

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

11. (a) Analyse the significance of sportsmanship in sports journalism.

Or

- (b) Compare and contrast national and international sports news agencies in terms of their coverage and impact on global sports reporting.

12. (a) Discuss the process of compiling a sports bulletin.

Or

- (b) Differentiate between general news reporting and sports reporting.

13. (a) Analyse the role of sports photography in journalism. How does it contribute to storytelling in sports reporting?

Or

- (b) Explain the importance of editing in sports journalism.

14. (a) Discuss the Commonwealth Games and its role in fostering athletic competition among former British colonies.

Or

- (b) Explain the importance of reporting on Indian Traditional Games.

15. (a) Explain the significance of observing sports matches and prepare reports as a practical assignment in journalism.

Or

- (b) Outline the learning outcomes of visiting a newspaper office and a TV center.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Analyse the significance of sportsmanship in sports journalism. How can journalists maintain sportsmanship while reporting?
17. Evaluate the impact of various types of sports bulletins (e.g., daily, weekly, monthly) on different segments of the audience
18. Compare sports reporting with general news reporting in terms of style, focus, and audience expectations.
19. Analyse how sports photography contributes to sports journalism. What are the key elements that make sports photographs impactful and effective in storytelling?
20. Discuss the Commonwealth Games and their role in strengthening ties among former British colonies through sports. What are the unique features and challenges of these games?

S-5923

Sub. Code

23BPE3C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Physical Education

YOGA EDUCATION

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the meaning of 'Yoga'?
2. What is the 'path of devotion'?
3. What is the primary purpose of meditative asanas?
4. Write a short note on cultural asana?
5. What is the main goal of Pranayama?
6. How nadi is associated with the solar energy in the body?
7. What is nadi in yoga?
8. Which is Kriya?
9. Write about meditation involves focusing on a single object or thought?
10. What is a major physiological benefit of meditation?

Part B

(5 × 5 = 25)

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

11. (a) Define Yoga and explain its significance in maintaining a balanced life.

Or

- (b) Discuss the concept of Bhakti Yoga and its role in spiritual practice.

12. (a) Define Asanas and classify them into meditative, relaxative and cultural categories.

Or

- (b) Discuss the guidelines for practising asanas and their importance in daily practice.

13. (a) Define Pranayama and explain its importance in controlling the breath and mind.

Or

- (b) Explain the role of the three main nadis: Ida, Pingala and Sushumna in Pranayama.

14. (a) Define Kriyas and explain the procedures and benefits of Kapalabhati and Dhauti.

Or

- (b) Describe the process and benefits of practising Neti (Jala Neti and Sutra Neti).

15. (a) Define Meditation and explain its physiological and psychological benefits.

Or

- (b) What are the different types of meditation? Briefly explain each type.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Define Yoga in detail. Discuss its origin and how it evolved into different systems of practice.
17. Define Asanas and explain their significance in promoting physical, mental, and spiritual well-being. Provide examples of meditative, relaxative, and cultural asanas.
18. Define Pranayama and explain its importance in the regulation of prana (life force). How does controlling the breath influence mental clarity and emotional balance?
19. Define Kriyas and explain their role in physical purification. Describe the process and benefits of Kapalabhati and Nauli.
20. Define meditation and discuss its various types. Explain the physiological and psychological effects of meditation on stress management and overall health.

S-5924

Sub. Code

23BPE3C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

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. What is the aim of sports training?
2. Define recovery.
3. Define speed.
4. Define overload.
5. List down the types of weight training.
6. Define periodization
7. What is the aim of Cooldown?
8. List down the types of endurance.
9. Define the training plan.
10. Define sports training.

Part B

(5 × 5 = 25)

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

11. (a) Explain about triple periodization in detail.

Or

- (b) Explain about the importance of warming up.

12. (a) Explain the relationship between load and recovery.

Or

- (b) Explain about the forms to improve coordination ability.

13. (a) Explain about the types of intensity in detail.

Or

- (b) Define techniques and explain the methods of techniques in detail.

14. (a) Explain the general principles in sports training.

Or

- (b) Explain about micro and macro cycles.

15. (a) Explain about the circuit training in detail.

Or

- (b) Explain about work outs in detail.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the components of physical fitness.

17. Explain about strength, endurance, flexibility and speed in detail.

18. Explain the techniques and different phases of technical training in detail
 19. Explain about the factors involved in load, intensity and volume.
 20. Prepare a training workout schedule with 45 minutes for your game of specialization.
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S-5925

Sub. Code

23BPE3C3

B.Sc. DEGREE EXAMINATION, APRIL 2025

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** the questions.

1. What is test?
2. Define Evaluation.
3. What is subjective test.
4. Define the term skill test.
5. What is physical Fitness?
6. Define Resting Pulse Rate.
7. What is purpose of AAPHBRD test.
8. Define the term endurance.
9. Write the test items of Johnson basketball ability test.
10. Write the purpose of Helmen test.

Part B

(5 × 5 = 25)

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

11. (a) Write the history of test and measurement in physical education.

Or

- (b) Clarify the meaning and definition of term measurement in physical education.

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

Or

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

13. (a) Explain any two criteria of test selection in the field of physical education.

Or

- (b) Explicate the tests for strength and speed.

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

Or

- (b) Explain the Margaria-Kalamen power test in detail.

15. (a) Illuminate about French short service test.

Or

- (b) Briefly explain any two test teams of Johnson basketball ability test.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. List down the need and importance of measurement and evaluation in physical education.
 17. Discuss in detail about classification test in the field of physical education.
 18. Describe the twelve minutes run/walk test with neat diagram.
 19. Briefly explain the test items of Barrow motor ability test in detail.
 20. Explain in detail about Hendry Friedel hockey test with neat diagram.
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S-5926

Sub. Code

23BPE4C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fourth Semester

Physical Education

EXERCISE PHYSIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define exercise physiology.
2. Describe energy.
3. What is isometric contraction?
4. Explicate slow-twitch muscle fiber.
5. What is inspiration?
6. Describe the control of ventilation.
7. Define cardiac output.
8. What affects blood flow?
9. What is temperature regulation?
10. What are the different levels of altitude?

Part B

(5 × 5 = 25)

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

11. (a) Describe fat metabolism.

Or

- (b) What are the main sources of energy? Give detail.

12. (a) Write the chemical composition of skeletal muscle.

Or

- (b) What is 'all or none' principle? Clarify

13. (a) Describe the pulmonary ventilation during rest and exercise.

Or

- (b) Short notes on lung volumes.

14. (a) Briefly describe the impact of exercise on circulatory system.

Or

- (b) What are the factors that affect blood pressure? Make clear.

15. (a) Elucidate the exercise and temperature regulations in cold climates.

Or

- (b) Describe the physiological changes in under water conditions.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the anaerobic ATP-CP energy system.
 17. Explicate the sliding filament theory of muscular contraction with neat diagrams.
 18. Enlighten the effect of exercise on respiratory system.
 19. Draw a neat diagram of heart and explain the events of a cardiac cycle.
 20. Discuss the role of high altitude on sports performance.
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S-5927

Sub. Code

23BPE4C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fourth Semester

Physical Education

THEORIES OF MAJOR GAMES – III

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the purpose of heading in football?
2. Define a free throw in basketball.
3. What is a dig in volleyball?
4. Explain the concept of a relay race.
5. What is a throw-in in football?
6. Describe the term “layup” in basketball.
7. What is a set in volleyball?
8. Define a middle-distance race.
9. What is the role of a fourth official in football?
10. What is the meaning of the 4 × 100m relay in track events?

Part B

(5 × 5 = 25)

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

11. (a) Explain the technique and importance of shooting in football.

Or

- (b) Describe the key elements of defensive play in basketball.

12. (a) How is blocking performed in volleyball? Discuss its significance in defense.

Or

- (b) Explain the starting technique for sprint races in track & field.

13. (a) Discuss the strategy for defending against a corner kick in football.

Or

- (b) Explain the concept of man-to-man defense in basketball.

14. (a) What is the role of the setter in volleyball, and why is it crucial?

Or

- (b) Discuss the importance of endurance training for long-distance races.

15. (a) Explain the key factors that determine speed performance in sprint races.

Or

- (b) Describe the different types of fouls in basketball and their consequences?

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the offensive and defensive formations used in football. How do they impact overall team performance?
 17. Compare the techniques of dribbling, shooting, and passing in basketball. How do these skills contribute to a player's performance?
 18. Explain the finer skills involved in spiking, setting, and blocking in volleyball. How do these skills affect team success?
 19. Compare the physical and mental demands of sprinting, middle-distance, and long-distance races. How do athletes prepare for each?
 20. Describe the various rules governing officiating in football and explain how referees ensure fair play in a competitive match.
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