

S- 7041

Sub. Code

22BPE5C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

SPORTS BIOMECHANICS AND KINESIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define Sports Biomechanics.
2. Define Angular Motion.
3. Define Center of Gravity.
4. What is Projectile Motion?
5. What are the classes of lever?
6. What is the difference between Mass and Weight?
7. Define speed and velocity.
8. Define water resistance.
9. What are the stages of Equilibrium?
10. What is gravity?

Part B

(5 × 5 = 25)

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

11. (a) What is the importance of Biomechanics in Physical Education and Sports?

Or

- (b) Discuss about lever and their mechanical advantages.

12. (a) Illustrate the bio mechanical analysis of any two skills of basketball.

Or

- (b) Discuss about the factors of force on javelin throw.

13. (a) Discuss about Inertia, Mass, Momentum and Friction.

Or

- (b) Write short notes on friction, its types advantages and disadvantages.

14. (a) Explain how an athlete can improve their speed and release of shotput.

Or

- (b) Define lever and explain the classes of lever with suitable sports examples.

15. (a) Describe the factors affecting motion.

Or

- (b) Discuss about Inertia, Mass, Momentum.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the different classes of lever with examples in sports.
 17. What is the difference between Linear and Angular Motion? Explain with examples.
 18. Summarize Biomechanics, its aim, and importance in Sports.
 19. Discuss in detail about Newton's law of motion with suitable example.
 20. Discuss the bio mechanical analysis of long jump and sprint.
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S-7042

Sub. Code

22BPE5C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define sports psychology.
2. When did sports psychology begin to develop significantly in India?
3. What is motor learning?
4. Write why physical traits are least likely to affect motor learning.
5. Which theory of perception is most associated with “the whole is greater than the sum of its parts”?
6. What is the role of perception in sports performance?
7. Which personality trait is most often associated with successful athletes?
8. What does the term ‘aggression’ mean in sports psychology?

9. Write the key social factor influencing sports participation.
10. What is meant by 'group cohesion' in the context of sports?

Part B

(5 × 5 = 25)

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

11. (a) Define sports psychology and explain its relevance to physical education.

Or

- (b) Describe the development of sports psychology in India.

12. (a) Define motor learning and explain its stages.

Or

- (b) Discuss the role of physical attributes like strength and endurance in motor skill acquisition.

13. (a) Define perception and explain its role in physical education.

Or

- (b) Discuss the Gestalt theory of perception and its relevance to sports.

14. (a) Define personality traits and describe how they influence sports performance.

Or

- (b) Discuss the role of aggression in sports and explain theories of aggression.

15. (a) Define sociology in the context of physical education and sports.

Or

- (b) Discuss the impact of social factors on sports participation and performance.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the meaning and scope of psychology. and its application in sports psychology.
17. Define motor learning and discuss the factors that influence motor skill acquisition in athletes.
18. Define perception and explain how it influences decision-making in sports.
19. Define personality traits and describe how they shape an athlete's behavior and performance.
20. Define sociology in sports and discuss its importance in understanding social behavior in sports settings.
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S-7043

Sub. Code

22BPE5C3

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

COMPUTER APPLICATION IN PHYSICAL EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of Computer.
2. What is Video Display Unit?
3. What are the different types of ROM?
4. What is Windows?
5. What is Hardware?
6. Define Barcode Reader.
7. What is meant by CPU?
8. How to create a folder in MS DOS Commands?
9. Define Spreadsheet.
10. Give the specification of Dot Matrix Printer.

Part B

(5 × 5 = 25)

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

11. (a) Write the Characteristics of Computer.

Or

- (b) Describe the History of Computer.

12. (a) Explain the functions of Primary Memory.

Or

- (b) Illustrate the functions of Secondary Memory.

13. (a) Explain the Internal and External DOS Commands.

Or

- (b) Illustrate the advantages of Calendar.

14. (a) Elaborate the basic techniques for working with Windows.

Or

- (b) Write the main features of MS Excel.

15. (a) Explain the role of Interpreter.

Or

- (b) Write a short note on :

(i) Paint

(ii) Word Pad

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the basic Organization of Computer.
 17. Explain the various Output Devices with its merits.
 18. Elaborate the various Computer Languages with examples.
 19. Describe the Standard Toolbar in MS Word.
 20. Illustrate the basic knowledge of your favourite Software Package.
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S-7044

Sub. Code

22BPE5C4

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

RESEARCH AND ELEMENTARY STATISTICS

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is research?
2. What is the importance of research in Physical Education?
3. What are the key parts of a research proposal?
4. How should a research problem be located in the context of academic studies?
5. What does historical criticism involve in the evaluation of historical sources?
6. What are the key components of historical criticism in research?
7. What is internal criticism in historical research?
8. Explain central tendency.
9. Which of the following scales is considered the highest level of measurement?
10. What does the 75th percentile indicate in a data set, and how is it interpreted?

Part B

(5 × 5 = 25)

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

11. (a) Explain the scope of research and its contribution towards advancement in Physical Education.

Or

- (b) Discuss the role of research in improving performance and reducing injuries in athletes.

12. (a) Discuss the components of a research proposal research in physical education.

Or

- (b) Describe the process of locating a research problem in physical education and sports sciences.

13. (a) Differentiate between primary and secondary sources of historical data.

Or

- (b) Discuss the role of historical criticism in evaluating historical sources, and explain the difference between internal and external criticism.

14. (a) Discuss the meaning and computation of standard deviation and quartile deviation from ungrouped and grouped data.

Or

- (b) Describe the characteristics and uses of measures of variability in research.

15. (a) Explain how percentile scales are constructed and their significance in evaluating athletes' performance.

Or

- (b) Describe the importance of percentiles in comparing the performance of athletes in various sports activities.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the scope of research in Physical Education and how it helps in addressing practical issues in sports training, injury prevention, and athlete performance enhancement.
17. Discuss the key components of a research proposal and how each component contributes to the overall success of the research project in physical education.
18. Differentiate between primary and secondary sources of historical data. Provide examples relevant to sports history and discuss their reliability.
19. Discuss the computation of standard deviation and quartile deviation from ungrouped and grouped data. Explain their significance in interpreting research results.
20. Discuss the construction of percentile scales and their significance in comparing athletic performance across different groups of individuals in physical education.

S-7045

Sub. Code

22BPE5C5

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

SPORTS MEDICINE AND PHYSIOTHERAPY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Name two common types of fractures.
2. What is a sprain?
3. Name two causes of puncture wounds.
4. List the four main types of wounds.
5. Define short-wave diathermy.
6. What is Diapulse diathermy?
7. Name two types of manipulations used in massage.
8. Define effleurage in the context of massage.
9. What is osteoarthritis?
10. List two symptoms of rheumatoid arthritis.

Part B

(5 × 5 = 25)

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

11. (a) Explain the difference between a sprain and a strain.

Or

- (b) Describe the symptoms of a greenstick fracture.

12. (a) Explain why muscle cramps occur during intense physical activity.

Or

- (b) Summarize the treatment steps for a dislocation.

13. (a) What conditions might benefit from infrared wave therapy?

Or

- (b) Explain the difference between short wave and microwave diathermy.

14. (a) Explain why friction is used in massage therapy.

Or

- (b) Describe the general uses of tapotement in massage.

15. (a) Explain the difference between rheumatoid arthritis and osteoarthritis.

Or

- (b) Summarize the role of the immune system in rheumatic diseases.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Propose a strategy to prevent sprains in athletes.
 17. Examine the potential complications of an untreated dislocation.
 18. Compare the effects of short wave and microwave diathermy on deep tissue.
 19. Analyze the role of massage in post-injury rehabilitation.
 20. Compare the risk factors for rheumatoid arthritis and lupus.
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S-7046

Sub. Code

22BPE5C6

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fifth Semester

Physical Education

SPORTS NUTRITION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is the main function of a balanced diet?
2. Which of the following is an essential nutrient for energy production?
3. Which of the following is a complex carbohydrate.
4. What is the main role of carbohydrates in the body?
5. Which of the following is a major role of fat in the body?
6. What is the recommended daily intake of fat for athletes?
7. Which mineral is essential for oxygen transport in the blood?
8. What is the recommended water intake for an average adult during exercise?
9. Which is an important factor in diet planning for athletes?
10. Carbo-loading is most beneficial for which type of activity?

Part B

(5 × 5 = 25)

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

11. (a) Explain the importance of sports nutrition for athletes.

Or

- (b) Discuss the role of energy nutrients, vitamins, and minerals in maintaining a balanced diet.

12. (a) Explain the different types of carbohydrates and their sources.

Or

- (b) Discuss the role of carbohydrates as a protein-sparing nutrient in the body.

13. (a) Explain the different types of fats and their dietary sources.

Or

- (b) Explain the dynamics of protein metabolism during exercise.

14. (a) Discuss the role of minerals in exercise performance and their impact on muscle function.

Or

- (b) Explain the causes and symptoms of dehydration and the importance of rehydration for athletes.

15. (a) Describe the key factors involved in planning a diet for athletes.

Or

- (b) Explain the process of carbo-loading and its benefits for endurance athletes.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Define sports nutrition and discuss its significance for optimal athletic performance.
17. Explain the types and sources of carbohydrates. How do they function as an energy source for athletes?
18. Explain the role of fat as an energy source in the body. How does fat intake affect exercise performance, particularly during prolonged activities?
19. Explain the importance of water in maintaining physiological function during exercise. Discuss the consequences of dehydration on athletic performance.
20. Describe the key factors that influence diet planning for athletes, including energy needs, training intensity, and recovery.
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S-7049

Sub. Code

22BPE6E3

B.Sc. DEGREE EXAMINATION, APRIL 2025

Sixth Semester

Physical Education

**Elective — THEORIES OF MAJOR GAMES AND
TRACK AND FIELD — III**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What are the take off board measurements?
2. What is the formula for half stagger?
3. Shot-put weight for men and women.
4. What are Javelin fundamental skills?
5. List down jumping events.
6. Write the kho-kho officials duty.
7. How many water jumps in 3000 meters steeple chase?
8. What are the cards used in hockey tournament?
9. Elaborate LBW in cricket.
10. Who invented handball?

Part B

(5 × 5 = 25)

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

11. (a) Explain the Javelin throwing styles.

Or

- (b) Explain the Discuss throwing styles.

12. (a) Draw a neat diagram of triple jump event.

Or

- (b) Explain the techniques used in Long Jump.

13. (a) Give a brief detail about the history of cricket.

Or

- (b) Write a note on History of Kho-Kho.

14. (a) What is tactical training? Explain in detail.

Or

- (b) What are the uses of warm-up?

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

Or

- (b) Explain the rules and interpretations in Handball.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. What is Pentathlon and Decathlon? Explain in detail.

17. Briefly explain about 3000 mts steeple chase and long jump.

18. Write the origin, history and development of hockey.
 19. Draw a layout of 400 mts track with staggers and all markings.
 20. What are the qualities and qualifications of officials?
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S-7050

Sub. Code

22BPE6E4

B.Sc. DEGREE EXAMINATION, APRIL 2025.

Sixth Semester

Physical Education

**Elective – CARE AND PREVENTION OF ATHLETIC
INJURIES**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is posture?
2. What is the anatomical term for movement away from the body's midline?
3. List two tools used in assessing posture.
4. Identify two indicators of scoliosis during a posture test.
5. What is the origin of massage therapy?
6. Define effleurage in the context of massage.
7. List two common athletic injuries.
8. What is the primary treatment for a muscle cramp?
9. What is the primary purpose of applying cold therapy?
10. What is a contrast bath?

Part B

(5 × 5 = 25)

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

11. (a) Explain the importance of good posture in daily activities.

Or

- (b) Describe how body mechanics can prevent injury during lifting.

12. (a) Explain how a plumb line is used in posture testing.

Or

- (b) Describe the common features of flatback posture.

13. (a) Explain the significance of massage in ancient cultures.

Or

- (b) Describe the general purpose of using vibration in massage therapy.

14. (a) How would you apply the RICE method to an athlete with a sprained ankle?

Or

- (b) Describe how a stress fracture develops in athletes.

15. (a) Explain the difference between cryotherapy and thermotherapy.

Or

- (b) Explain how a contrast bath helps in reducing swelling.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Analyze the role of core strength in maintaining good posture.
 17. Apply the use of a goniometer in assessing a patient's posture.
 18. Differentiate between the indications for using effleurage and friction in massage.
 19. Evaluate the effectiveness of physical therapy in treating sports-related injuries.
 20. Differentiate between the therapeutic uses of infrared and ultraviolet rays.
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S-7360

Sub. Code

22BPE2C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Second Semester

Physical Education

**ORGANIZATION ADMINISTRATION AND METHODS IN
PHYSICAL EDUCATION**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer all questions.

1. Define organization.
2. Write dimension of swimming pool.
3. Define Leader ship.
4. List out any two types of records and registers.
5. What is extramural?
6. Write the qualification of physical education teacher.
7. Define Budget.
8. What is non standard track?
9. Define marching.
10. Define knock out tournament.

Part B

(5 × 5 = 25)

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

11. (a) Explain about scheme of physical education in state level.

Or

- (b) Draw the scheme of physical education in national level.

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

Or

- (b) Design a neat diagram of cricket field with all specifications.

13. (a) Explain the presentation technique in the field of physical education.

Or

- (b) Write short notes on minor games in physical education.

14. (a) Elucidate the calisthenics in physical education.

Or

- (b) Give details about light apparatus activities in physical education.

15. (a) Write short notes on combination tournament.

Or

- (b) Draw the single league fixture for 6 teams by using tabular method.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the importance of organization and administration in physical education.
 17. Draw a neat diagram of standard track with all specifications.
 18. Classify the principles to be adopted for good class management in physical education.
 19. Discuss in detail about the various parts of particular lesson plan for VIII standard students any one skill of your favourite game or athletic event.
 20. Explain the method of drawing a single knock-out fixture for 18 teams.
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S-7361

Sub. Code

22BPEA1

U.G. DEGREE EXAMINATION, APRIL 2025

Physical Education

Allied : YOGA AND FITNESS EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer all questions.

1. Explain meaning of Yoga.
2. Explain padmasana.
3. Define asana.
4. Explain bujangasana.
5. What is Pranayarna?
6. Explain meaning of kaphalaphathi.
7. Define Physical Fitness.
8. Define exercise.
9. What is strength?
10. What is speed?

Part B

(5 × 5 = 25)

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

11. (a) Brief the benefits of relaxation asana.

Or

- (b) Explain about the aim and objectives of Yoga.

12. (a) List down the types of Asana and explain any two in detail.

Or

- (b) Explain the benefits of the Asana.

13. (a) List down the types of the pranayama and its benefits.

Or

- (b) Explain about different types of the kriyas.

14. (a) Enumerate values of physical fitness.

Or

- (b) Explain about the historical relevance of exercise in detail.

15. (a) Brief factors influencing physical fitness.

Or

- (b) Write about the relationship between fitness and exercises.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Brief about the history of yoga.
 17. Explain the methods to perform Suryanamaskar.
 18. Enumerate about the types of kriyas in detail and also explain their benefits.
 19. Explain about the future challenges and strategies for increasing physical fitness in India.
 20. List the components of physical fitness in detail.
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S-7362

Sub. Code

22BPEA2

U.G. DEGREE EXAMINATION, APRIL 2025

Physical Education

Allied — FITNESS AND WELLNESS

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define physical fitness.
2. State any two future challenges physical fitness.
3. Explain types of exercise.
4. List down the any two factors influencing fitness.
5. What is aerobic exercise?
6. State any two aerobic fitness programme.
7. Explain the term wellness.
8. Mention any two importances of health and wellness?
9. State the meaning of health habits?
10. What is wellness?

Part B

(5 × 5 = 25)

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

11. (a) Explains the values of physical fitness.

Or

- (b) Brief historical relevance of exercise and physical fitness.

12. (a) Explain the factor influencing fitness.

Or

- (b) Explain the goals in cardio respiratory fitness.

13. (a) Explain the modes of aerobic exercise.

Or

- (b) Writes an essay on importance aerobic fitness.

14. (a) Write a note on concept of wellness.

Or

- (b) Elaborate the types of health and wellness exercise programme.

15. (a) Explain the tension and stress.

Or

- (b) Elaborate the proper nutrition.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write an essay on relationship between fitness, health and wellness.
17. Effect of physical activity on various system of the body.

18. Explain the principles of cardiovascular exercise.
 19. Elaborate the components of health wellness.
 20. Narrate the factors health habits alcohol and drugs.
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S-7363

Sub. Code

22BPE3C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Physical Education

YOGA EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Write the limb of Ashtanga Yoga.
2. What is Pratyahara in Ashtanga Yoga?
3. Write two between physical exercise and yogic asanas.
4. Mention some relaxative asana.
5. What is the primary purpose of Nadi Shodhana Pranayama?
6. Write the type of Pranayama.
7. What is Kriya? Which Kriya involves passing a thread through the nostrils?
8. What is the main function of the Jalandhara Bandha?
9. What is the primary principle of the yogic diet?
10. Name some major yoga institutions.

Part B

(5 × 5 = 25)

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

11. (a) Describe the significance of Yama and Niyama in Ashtanga Yoga.

Or

- (b) Explain the concept of Pranayama and its role in the practice of Yoga.

12. (a) Compare and contrast the benefits of physical exercise and yogic asanas.

Or

- (b) Explain the benefits of cultural asanas like Surya Namaskar.

13. (a) Discuss the phases of breath control : Puraka, Kumbhaka and Rechaka in Pranayama.

Or

- (b) What are the benefits and types of Bandhas in Pranayama practice?

14. (a) Describe the significance of Chin Mudra and Yoga Mudra in yoga practice.

Or

- (b) Differentiate between the types of Dhauti Kriya and their benefits.

15. (a) What are the principles of a yogic diet, and how does it support yoga practice?

Or

- (b) Discuss the role of yoga in modern education and its integration with contemporary lifestyles.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Compare and contrast Hatha Yoga and Raja Yoga in terms of their techniques and ultimate goals.
17. Compare yogic asanas with physical exercises in terms of their effect on the body and mind.
18. Discuss the various types of Pranayama (Nadi Shodhana, Bhastrika, Kapalabhati, etc.) and their benefits for physical and mental health.
19. Discuss the benefits and procedures of Jala Neti and Sutra Neti as forms of Kriya.
20. Describe the role of Yoga in athletic performance and competition, with a focus on mental and physical preparation.
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S-7364

Sub. Code

22BPE3C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of sports training.
2. Write the aim of sports training.
3. Define recovery.
4. Write any two symptoms of overload.
5. What is flexibility?
6. Define coordination.
7. State the meaning of periodization.
8. Write any two types periodization.
9. Define technical training.
10. List down the any two aim of tactics.

Part B

(5 × 5 = 25)

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

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

Or

- (b) Write the importance of warming-up and cooling down exercise.

12. (a) Describe the overload principles.

Or

- (b) Elaborate the factors of load.

13. (a) Briefly explain the types of flexibility.

Or

- (b) Elaborate the mean and methods of endurance development.

14. (a) Write short notes on competition period and transitional period.

Or

- (b) Write short notes on long term and short term plans.

15. (a) Explain the stages of techniques development.

Or

- (b) Briefly explain the aim of techniques in sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the principles of sports training.
 17. Discuss the causes, symptoms and remedies of over load.
 18. Elaborate the mean and methods of endurance development.
 19. Explain the concept of tactical preparation during competition period.
 20. Explain the fundamentals and methods for development of techniques in your specialization.
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S-7365

Sub. Code

22BPE3C3

B.Sc. DEGREE EXAMINATION, APRIL 2025

Third Semester

Physical Education

TEST AND MEASUREMENT AND EVALUATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is the meaning of test?
2. Write any four purposes of measurement and evaluation.
3. Write the types of good test.
4. Write the administration of test.
5. Write the basic procedure for duties of during test.
6. Define reliability.
7. Meaning the measure of posture.
8. Write the procedure for Karward fitness test.
9. Write short note on Johnson Basketball test.
10. Write short note on Miller Tennis test.

Part B

(5 × 5 = 25)

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

11. (a) Write about the principles of evaluation.

Or

- (b) Write about the History of test.

12. (a) Explain the administration test in physical education.

Or

- (b) Describe the duties during testing.

13. (a) Write short notes on criteria for selection of test.

Or

- (b) Explain the cardio respiratory endurance test.

14. (a) Explain the JCR test.

Or

- (b) Elaborate Barrow motor ability test.

15. (a) Describe McDonald soccer test in detail.

Or

- (b) Explain field Hockey test.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write need and importance of test measurement and evaluation.
 17. Write about standardized and teacher made test.
 18. Explain the purpose and administration process of cooper's 12 minutes run and walk test.
 19. Elaborate AAHPERD youth fitness test.
 20. Elaborate Helmen volleyball test and Mc Donald soccer test.
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S-7366

Sub. Code

22BPEA3

U.G. DEGREE EXAMINATION, APRIL 2025

Physical Education

Allied : HEALTH EDUCATION AND FIRST AID

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. WHO definition of community health.
2. Explain National health organization.
3. Mention any four non- communicable diseases.
4. Symptoms of cholera.
5. Explain the meaning of wellness and health.
6. Define first aid.
7. Define nature of health education.
8. Define contusion.
9. Define Drowning.
10. What is cramp in sports and games?

Part B

(5 × 5 = 25)

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

11. (a) Write briefly about the National and International health education.

Or

- (b) Write short notes on factors influencing health education.

12. (a) Describe the causative organism, signs and symptoms of Typhoid.

Or

- (b) Briefly explain the causative organism, signs and symptoms of Tetanus.

13. (a) Elucidate symptoms and prevention of hypertension.

Or

- (b) Explain the first aid and treatment for cramp.

14. (a) Briefly explain the principles of Safety education.

Or

- (b) Explain the need and importance of safety for preventing injuries.

15. (a) Examine about the personal hygiene in school health programme.

Or

- (b) Define fracture and its classification in detail.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the First-Aid for sports injury and punctured wounds
17. List down the non-communicable disease; write in detail about the symptoms and prevention of communicable diseases.
18. Define the signs and symptoms of dog bit and burns.
19. Summarize wounds and its types.
20. Explain the First-aid for poisoning and drowning.
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S-7367

Sub. Code

22BPEA4

U.G. DEGREE EXAMINATION, APRIL 2025

Physical Education

SPORTS JOURNALISM

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Expand NEWS.
2. Define Bulletin.
3. Define Sports Education.
4. Define special bulletin.
5. Define News reporting.
6. Define sports organization.
7. What “CITIUS” stands for in the motto of Modern Olympic Games?
8. List down the colours of Olympic Rings.
9. List any two uses of TV in sports.
10. Define Sports review.

Part B

(5 × 5 = 25)

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

11. (a) Explain about news, information and ideas in detail.

Or

- (b) Explain about ethics of sports bulletin.

12. (a) Explain about the External bulletin

Or

- (b) Explain about the procedure of compiling a bulletin.

13. (a) Explain about sports reporting in detail.

Or

- (b) Explain about sports journalism in detail.

14. (a) Explain about the Common Wealth Games in detail.

Or

- (b) Explain Winter Olympic games in detail.

15. (a) Explain about running commentary in TV.

Or

- (b) Explain about the sports reviews for radio and TV commentary.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the cannons of journalism in detail
 17. Explain about the structure of sports bulletin
 18. Sports as an Integral Part of Physical Education - Justify
 19. Explain about the Modern Olympic Games in detail
 20. Explain the role of mass media in Journalism.
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S-7368

Sub. Code

22BPE4C1

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fourth Semester

Physical Education

EXERCISE PHYSIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is meant by exercise physiology?
2. What is 'oxygen debt'?
3. Describe isotonic muscular contraction.
4. Mention two benefits of training on muscular system.
5. What is the control of ventilation?
6. Describe alveoli.
7. Define cardiac cycle.
8. What aspects affect blood pressure?
9. Describe hot climate.
10. Who uses altitude training?

Part B

(5 × 5 = 25)

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

11. (a) Describe the energy metabolism during rest, exercise and recovery.

Or

- (b) What is Krebs cycle? Give detail.

12. (a) Describe the fiber distribution and sports performance.

Or

- (b) Write the process of heat production in the muscle.

13. (a) What are the influences of exercise on respiratory system? Clarify.

Or

- (b) Short notes on mechanism of breathing with diagram.

14. (a) Describe the structural properties of heart.

Or

- (b) List the factors that affect heart rate.

15. (a) How does humidity affect athletic performance?

Or

- (b) Describe the benefits of underwater training.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the anaerobic glycolytic energy system in detail.
 17. Explicate the structure of skeletal muscle with neat diagram.
 18. Enlighten the lung volumes and capacities in depth.
 19. Describe the influence of regular training on circulatory system.
 20. Discuss the advantages and disadvantages of high-altitude training.
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S-7369

Sub. Code

22BPE4C2

B.Sc. DEGREE EXAMINATION, APRIL 2025

Fourth Semester

Physical Education

**THEORIES OF MAJOR GAMES-I AND TRACK AND
FIELD - II**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer all the questions.

1. Define offensive skills in football.
2. What are the key defensive skills in basketball?
3. What is the role of officiating in volleyball?
4. Define sprint race in track events.
5. Mention two fundamental skills in volleyball.
6. What is a relay race?
7. What is the importance of finer skills in football?
8. Define playing ability in sprint races.
9. What are the responsibilities of an official in long-distance races?
10. Name two essential skills in basketball.

Part B

(5 × 5 = 25)

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

11. (a) Explain the importance of defensive skills in football.

Or

- (b) Describe the finer skills needed for basketball.

12. (a) Discuss the key fundamental skills in volleyball.

Or

- (b) Explain the finer skills in sprint races.

13. (a) What are the offensive techniques in basketball?

Or

- (b) Discuss the defensive strategies in volleyball.

14. (a) Describe the rules and regulations in long-distance races.

Or

- (b) Explain the marking of relay races.

15. (a) Explain the officiating methods in volleyball.

Or

- (b) Describe the role of a coach in basketball.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the offensive and defensive skills required in football, basketball, and volleyball, and how they impact performance.

17. Explain the fundamental and finer skills needed for sprint, middle-distance and long distance races, with examples.
 18. Describe the process of officiating in football, volleyball, and basketball, focusing on the rules and duties of officials.
 19. Explain the key performance criteria for athletes in track events, and how performance is assessed for sprinters, middle-distance and long-distance runners.
 20. Discuss the various techniques and strategies used in volleyball, basketball and football, focusing on both offensive and defensive plays.
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