

**S-0419**

**Sub. Code**

**23BPE1C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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** questions.

1. Define physical education.
2. What is the scope of physical education?
3. What is physical culture?
4. Mention two objectives of physical education.
5. What is neuromuscular development?
6. Define biomechanics in the context of sports.
7. Name two allied sciences that contribute to physical education.
8. When were the first modern Olympic Games held?
9. What is the significance of the Olympic flag?
10. Name two national sports awards in India.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the need and nature of physical education.

Or

- (b) Write the objectives of physical education in the cognitive domain.

12. (a) Describe the importance of physical training.

Or

- (b) Explain the concept of laws of learning in sports.

13. (a) Write about the contributions of physiology to physical education.

Or

- (b) Explain the role of computer science in sports.

14. (a) Discuss the significance of the Olympic Oath and Emblem.

Or

- (b) Write a short note on the history of the Olympic Games in Sparta and Athens.

15. (a) Explain the contribution of NSNIS to sports development in India.

Or

- (b) Describe the significance of the Khelo India program.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the meaning, need, and scope of physical education.
  17. Write an essay on the aim and objectives of physical education.
  18. Explain the scientific basis of physical education and the role of allied sciences.
  19. Write an essay on the history and conduct of the Olympic Games.
  20. Discuss the major national and international sports awards and competitions in India.
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**S-0420**

**Sub. Code**

**23BPE1C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**First Semester**

**Physical Education**

**ANATOMY AND PHYSIOLOGY**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define anatomy.
2. Describe epithelial tissues.
3. What is meant by joint?
4. What is the function of radius and ulna bones?
5. Describe the role of liver in digestive process.
6. Define neuron.
7. What is the principle of exchange of gases?
8. What are the 4 valves of the heart?
9. What are the responsibilities of thyroid gland in the body?
10. Describe endocrine glands.

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the functions of cells.

Or

(b) Write the need of physiology in physical education.

12. (a) Describe the features of cartilaginous joint.

Or

(b) Write the functions of skeleton.

13. (a) Describe about the spinal nerves.

Or

(b) List down the functions of digestive system.

14. (a) Describe the structural properties of respiratory system.

Or

(b) What is cardiac output? Give detail.

15. (a) What are the duties of pituitary gland?

Or

(b) Describe the role of pancreas gland.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the types of muscles with examples
  17. Explicate the structure of skull and vertebral column with neat diagram.
  18. Enlighten about the peripheral nervous system in depth.
  19. Describe cardiac cycle with the help of diagram.
  20. What are male and female sex hormones in the body? Explain their function.
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**S-0421**

**Sub. Code**

**23BPEA1**

**U.G. DEGREE EXAMINATION, NOVEMBER 2025**

**Physical Education**

**Allied – FITNESS AND WELLNESS**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Section A**

(10 × 2 = 20)

Answer **all** questions.

1. Define fitness and wellness.
2. What are the components of wellness?
3. Mention two benefits of aerobic exercise.
4. What is agility in physical training?
5. Define body mass index (BMI).
6. What are the major macronutrients in nutrition?
7. Name any two factors influencing physical fitness.
8. Define muscular endurance.
9. What is the role of water in a balanced diet?
10. List any two cardiovascular risk factors.

**Section B**

(5 × 5 = 25)

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

11. (a) Explain the relationship between fitness, health, and wellness.

Or

- (b) Discuss the types of exercises and their benefits.

12. (a) How does stretching contribute to fitness and injury prevention?

Or

- (b) What are the health benefits of physical activity?

13. (a) Explain the role of carbohydrates and fats in nutrition.

Or

- (b) What is the importance of vitamins and minerals in a diet?

14. (a) Discuss different weight management strategies.

Or

- (b) How does body composition impact overall health?

15. (a) Describe the assessment methods for cardiovascular fitness.

Or

- (b) What are the principles of weight control?

**Section C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe in detail the components of health-related and athletic physical fitness.
  17. Explain the concept and dimensions of wellness.
  18. Discuss the importance of a balanced diet and its role in overall health.
  19. Describe the process of weight loss and weight management in fitness.
  20. What are the major cardiovascular risk factors and how can they be controlled?
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**S-0422**

**Sub. Code**

**23BPE1S1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**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. Define sports injuries.
2. What is the importance of posture in sports?
3. Name any two types of postural deviations.
4. What is Kyphosis?
5. What is the full form of SEC in this course?
6. Mention one benefit of corrective physical education.
7. Define passive exercise.
8. What is the role of massage in relaxation?
9. Give an example of a percussion manipulation technique.
10. What is the purpose of bandaging in sports injuries?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the importance of care and prevention of sports injuries.

Or

- (b) Describe different types of postural deviations.

12. (a) Discuss the causes of bad posture and its impact on athletes.

Or

- (b) What are the different types of therapeutic exercises?

13. (a) Describe the different types of stroke manipulations used in massage.

Or

- (b) Explain the physiological effects of massage on the human body.

14. (a) Discuss the benefits of strengthening exercises with and without equipment.

Or

- (b) Explain the importance of strapping and bandaging in sports injuries.

15. (a) What are the benefits and contraindications of ultrasound therapy?

Or

- (b) Discuss the principles of applying cold and heat therapy in injury management.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe in detail the different types of sports injuries and their causes.
  17. Elaborate on different types of therapeutic exercises and their role in rehabilitation.
  18. Write a detailed note on massage techniques and their physiological effects.
  19. Describe the principles and techniques of strapping and bandaging in injury management.
  20. Discuss the role of sports injury prevention techniques and their significance in sports.
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**S-0423**

**Sub. Code**

**23BPE1FC**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**First Semester**

**Physical Education**

**HISTORY AND FOUNDATION OF PHYSICAL  
EDUCATION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define physical education
2. What is the significance of the Olympic Games in physical education?
3. Mention two contributions of the YMCA to physical education.
4. What is physical training?
5. Define the term “physical culture.”
6. What is the meaning of growth in biological terms?
7. Name any two types of learning in physical education.
8. What is the role of heredity in growth and development?

9. Define sports sociology.
10. Mention two factors affecting group behavior.

**Part B**

(5 × 5 = 25)

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

11. (a) Write a short note on the history of physical education in Ancient Greece.

Or

- (b) Explain the relationship between physical education and health education.

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

Or

- (b) Write about the role of heredity and environment in growth and development.

13. (a) Explain the meaning and types of group behavior in sports.

Or

- (b) Differentiate between chronological and physiological ages.

14. (a) Explain the concept of transfer of training.

Or

- (b) Discuss the importance of physical education in modern society.

15. (a) Write about the contribution of the Sports Authority of India.

Or

- (b) Describe the differences between male and female anatomical structures.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the history and evolution of the Olympic Games.
17. Write an essay on the relationship between physical education and general education.
18. Explain the biological principles of physical education with relevant examples.
19. Describe the psychological basis of physical education and its significance.
20. Write a detailed essay on the importance of sports sociology in physical education.
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**S-0424**

**Sub. Code**

**23BPE2C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**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** 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.

**Section B**

(5 × 5 = 25)

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

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

Or

- (b) Explain about Physical Culture in detail.

12. (a) Explain about Cognitive Development through Physical Education.

Or

- (b) Explain any three laws of learning.

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

Or

- (b) Explain about the contribution of Sports Medicine in Physical Education.

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

Or

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

15. (a) Explain about Dhronacharya Award in detail.

Or

- (b) Explain about South Asian Federation Games in detail.

**Section C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about the theories of Learning with suitable examples.
  17. Explain about the aim and objectives of Physical Education.
  18. Explain about the contributions of allied sciences to Physical Education.
  19. Explain about SGF and SAI in detail.
  20. List down the sports academic awards and explain any two in detail.
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**S-0425**

**Sub. Code**

**23BPE2C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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** questions.

1. What is the standard length of a track?
2. Define a non-standard track.
3. What is the distance of a mini marathon?
4. Name two field events in track and field.
5. What are the starting points for the 4x100m relay?
6. What is the purpose of ground marking in track events?
7. What is the difference between a long jump and a triple jump?
8. Define a high jump.
9. What is the standard length of a hurdle race for women?
10. What is the length of the walking race?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the layout and ground marking for a 400m standard track.

Or

- (b) Discuss the marking requirements for the 200m non-standard track.

12. (a) Explain the marking procedure for the 4×400m relay event.

Or

- (b) Describe the ground marking for the shot put and discus throw.

13. (a) Explain the significance of proper marking in high jump and pole vault events.

Or

- (b) Describe the layout and marking for a marathon race.

14. (a) Explain the rule and marking for a javelin throw event.

Or

- (b) Discuss the marking requirements for hurdles in men's track events.

15. (a) Explain the importance of accurate marking in sprint events.

Or

- (b) Discuss the layout and marking for the long jump event.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss in detail the layout and marking of a standard 400m track, including all necessary markings for sprint and relay events.
17. Explain the ground marking requirements for field events like shot put, javelin, discus, and hammer throw. Explain the marking and rules for high jump, long jump, triple jump, and pole vault events, with an emphasis on measurement accuracy.
18. Describe the marking procedures for middle-distance and hurdle events, focusing on differences in markings between men's and women's 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.

**S-0426**

**Sub. Code**

**23BPEA2**

**U.G. DEGREE EXAMINATION, NOVEMBER 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. When and where did football originate?
2. Name the governing body of basketball at the international level.
3. What is the role of lead-up games in training athletes?
4. What are the key factors for selecting players in volleyball?
5. What is technical training in basketball?
6. Define tactical training in football.
7. List the standard dimensions of a volleyball court.
8. What is the significance of warming up before a game?
9. Name two duties of a football referee.
10. What is the name of the most prestigious international football tournament?

**Part B**

(5 × 5 = 25)

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

11. (a) Discuss the history of football at the national level.

Or

- (b) Explain the development of basketball in India.

12. (a) Describe the fundamental skills required in volleyball.

Or

- (b) How does the selection process work for football players?

13. (a) What are the key components of a coaching program in basketball?

Or

- (b) Explain the importance of warm-up exercises in volleyball training.

14. (a) Draw the layout of a standard basketball court and label all the important areas.

Or

- (b) Discuss the key rules in volleyball and their interpretations.

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

Or

- (b) Name and explain two major basketball tournaments at the international level.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the history, development, and organizational structure of volleyball at the national and state levels.
  17. Discuss the fundamental skills and various systems of play in football and their importance in selecting players.
  18. Describe the role of technical and tactical training in improving performance in basketball.
  19. Explain the layout, dimensions, and rules of a volleyball court.
  20. Analyze the duties of officials in basketball and discuss some important tournaments and cups related to the game.
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**S-0427**

**Sub. Code**

**23BPEA3**

**U.G. DEGREE EXAMINATION, NOVEMBER 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. Mention the common sprint event distances in track and field.
2. What is the role of a warm-up in athletic training?
3. Name two international organizations for cricket.
4. What is tactical training?
5. What are lead-up games?
6. Mention two basic skills in handball.
7. What is the purpose of a score sheet in sports?
8. What are the different types of relay race?
9. What is the layout of a cricket field?
10. Name two duties of officials in hockey.

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the organizational structure of track events at the national level.

Or

- (b) Explain the fundamental skills required for handball.

12. (a) Discuss the history and development of hockey in India.

Or

- (b) What is the importance of technical training in track and field events?

13. (a) Describe the rules and their interpretation in relay races.

Or

- (b) Explain the system of play in cricket.

14. (a) Discuss the significance of selection in sports and the criteria for selecting athletes.

Or

- (b) What are the various methods of officiating in hockey?

15. (a) Describe the layout of a handball court with its measurements.

Or

- (b) Explain the role of warm-up and warm-down in athletic training.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the history, development, and organizational structure of track events at the international level.
  17. Explain the origin, history, and development of cricket, including the national and international organizations involved.
  18. Describe in detail the fundamental skills and techniques used in sprint, middle distance, and long-distance track events.
  19. Explain the training program for athletes, focusing on technical and tactical training, including examples from major games like hockey and handball.
  20. Discuss the layout, facilities, and equipment specifications for a hockey field, including a detailed description of each element.
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**S-0428**

**Sub. Code**

**23BPEA4**

**U.G. DEGREE EXAMINATION, NOVEMBER 2025**

**Physical Education**

**Allied : SPORTS TALENT IDENTIFICATION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What is the primary goal of talent identification in sports?
2. List two characteristics often assessed in talent identification.
3. What is flexibility and why is it important for athletes?
4. Name two key physiological systems assessed in talent identification.
5. Define the term 'VO2 max' and its relevance to fitness testing.
6. What is the Shuttle Run Test used to measure?
7. Define the term 'motor skills' in the context of skill tests.
8. List two examples of skill tests used for identifying talent in basketball.

9. Define 'psychological resilience, in the context of fitness testing.
10. What is the purpose of using heart rate monitors in fitness testing?

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the role of physical fitness tests in identifying athletic talent.

Or

- (b) Explain how psychological attributes are assessed during talent identification.

12. (a) Explain how muscle strength influences athletic performance.

Or

- (b) Explain how body composition can affect an athlete's performance in different sports.

13. (a) Explain why cardiovascular fitness is important in talent identification.

Or

- (b) Explain how the results of a fitness test can influence talent selection in sports.

14. (a) Explain why skill tests are important in identifying athletic potential.

Or

- (b) Describe the relationship between skill proficiency and overall performance in sports.

15. (a) Explain why psychological assessments are important in evaluating an athlete's potential.

Or

- (b) Explain how a GPS tracking system is used in fitness testing for runners.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. What methods would you use to assess the motivation of young athletes during talent identification?
17. What exercises would you recommend to improve an athlete's flexibility based on talent identification findings?
18. Compare the effectiveness of the Beep Test and the Cooper Test in assessing cardiovascular endurance.
19. Which skill test would you apply to assess a swimmer's technique and why?
20. Differentiate between the data obtained from a psychological resilience test and a heart rate monitor.
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**S-0429**

**Sub. Code**

**23BPE2S1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Second Semester**

**Physical Education**

**RECREATION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define recreation.
2. Name any two theories of play.
3. Name any one stage in the historical development of recreation.
4. Mention any two influence of recreation on social life.
5. Give an example of a recreational activity related to arts.
6. What is “primitive culture”?
7. What is the purpose of music?
8. Define aquatics in recreation.
9. What is the role of educational institutions in providing recreation?
10. Define the term leisure.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain about philosophy and objectives of recreation.

Or

- (b) Write down the objectives of recreation.

12. (a) Write short notes on recreation in India.

Or

- (b) Discuss about recreation in Greek period.

13. (a) Explain the qualities of good leader in recreation.

Or

- (b) Write shorts note on the role of community and cultural organizations.

14. (a) Explain the general principles of programme construction.

Or

- (b) Write short notes on arts and crafts in recreation.

15. (a) Write about drama and music hobbies in recreation.

Or

- (b) Discuss about aquatics and dancing hobbies in recreation.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the theories of play and its contributions to the development of recreational activities.
  17. Describe about development of recreation in U.S.A. in detail.
  18. Explain any three agencies which provide recreation in India in detail.
  19. Discuss about different types of recreational activities in detail.
  20. Explain in detail about nature study and hiking hobbies in recreation.
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**S-0430**

**Sub. Code**

**23BPE2S2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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 the primary purpose of journalism?
2. Write an ethical theory that focuses on adherence to moral duties and rules in journalism.
3. What is the main purpose of a sports bulletin?
4. Which type of bulletin focuses on providing daily updates on sports events?
5. What is the primary role of radio commentary in sports journalism?
6. Write aspect is crucial for effective TV sports commentary.
7. Write the major international multi-sport event held every four years.
8. What is a common feature of the Commonwealth Games?

9. What is the main objective of organizing a press meeting?
10. What is the most crucial aspect to consider when preparing a report from a sports match, and why?

**Part B**

(5 × 5 = 25)

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

11. (a) Discuss the role of journalism in modern society.

Or

- (b) Explain the principles of deontological ethics in journalism.

12. (a) Describe the different types of sports bulletins and their purposes.

Or

- (b) Explain the structure of a typical sports bulletin. What are the key components that should be included?

13. (a) Evaluate the impact of radio commentary on sports journalism.

Or

- (b) Discuss the role of TV sports commentary in shaping public perception of sports events.

14. (a) Provide a brief overview of the Olympic Games.

Or

- (b) Describe the Asian Games and its impact on the development of sports in Asia.

15. (a) Describe the process and importance of organizing a press meet.

Or

- (b) Discuss the key elements to include in a sports report based on a live match.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the role of journalism in modern society. How does it contribute to democratic processes and public awareness?
17. Describe the different types of sports bulletins and their purposes. How do they cater to various audiences?
18. Evaluate the impact of radio commentary on sports journalism. How does it enhance the audience's experience of live sports events?
19. Provide a brief overview of the Olympic Games. What are its origins, key features, and significance in the global sports community?
20. Describe the process and importance of organizing a press meet. What are the key steps involved, and how does it benefit both the press and the organization?

**S-0431**

**Sub. Code**

**23BPE3C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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. Define Kundalini yoga.
2. What is the meaning of Raja yoga?
3. Mention the purpose of Bhastrika pranayama.
4. Write a short note on Jala Neti.
5. What is the significance of Brahma Mudra?
6. Name two cultural asanas.
7. Define the term Yama.
8. What is Surya Bhedana pranayama?
9. What do you mean by Pratyahara?
10. List two physiological benefits of meditation.

**Part B**

(5 × 5 = 25)

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

11. (a) Discuss the aim and objectives of yoga.

Or

- (b) Write the benefits of Kapalabhati pranayama.

12. (a) Explain the concept of asanas and their classification.

Or

- (b) Write the guidelines for practicing pranayama.

13. (a) Differentiate between relaxation and cultural asanas.

Or

- (b) Write about the meaning and benefits of mudras in yoga.

14. (a) Describe the procedures and significance of Nauli kriya.

Or

- (b) Explain the difference between physical exercise and yogic asanas.

15. (a) Discuss the physiological effects of meditation on the body.

Or

- (b) Write the procedures and importance of Vastra Dhauti.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the concept of the eight limbs of Ashtanga yoga.
  17. Discuss the various types of pranayama and their benefits.
  18. Write an essay on the role of yoga in education.
  19. Explain the types of kriyas and their importance in maintaining health.
  20. Discuss the principles of yogic diet and its benefits.
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**S-0432**

**Sub. Code**

**23BPE3C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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 sports training?
2. Define speed.
3. How to calculate strength?
4. What is called training volume?
5. Mention the physical fitness component.
6. List down the different types of training.
7. Mention the shortest training cycle and its duration.
8. Mention any two training to develop strength.
9. Define coordination.
10. Mention the types of warm-ups in sports.

**Part B**

(5 × 5 = 25)

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

11. (a) Mention the impact of cooldown in sports training.

Or

- (b) Write the influence of warm-ups on performance.

12. (a) Illustrate the application of mesocycle in sports training.

Or

- (b) Explain the relationship between recovery and adaptation.

13. (a) Write the factors to develop speed.

Or

- (b) Illustrate the fundamentals and methods to develop technical preparation in sports.

14. (a) Write short notes on overload.

Or

- (b) Write about different forms of load and its load intensity.

15. (a) Explain the role of different phases in periodization and its usage.

Or

- (b) Explain the types of flexibility and methods to develop flexibility.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the various training cycles.
  17. Explain in detail about the sports training principle.
  18. Distinguish between techniques and tactics and how and when to apply them in sports.
  19. Discuss the various periods in sports training.
  20. Explain in detail about endurance and its types.
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**S-0433**

**Sub. Code**

**23BPE3C3**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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** questions.

1. Tell the meaning of evaluation.
2. What is measurement?
3. Write about explosive strength.
4. Define objective test.
5. Expand AAPHBRD test.
6. Tell about cardio respiratory endurance.
7. What is flexibility?
8. Explain the term motor fitness.
9. Write the purpose of Boer-Miller test.
10. Tell the purpose Hendry Friedel hockey test.

**Part B**

(5 × 5 = 25)

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

11. (a) Write in detail about Boer-Miller test.

Or

- (b) Explain the history of test, measurement and evaluation in physical education.

12. (a) Write short notes on standardized test and teacher made test.

Or

- (b) Explain the construction of knowledge's test and skill test.

13. (a) How will you conduct Cooper's 12 minutes run / walk test.

Or

- (b) What is test and write the definitions for test and measurement in physical education?

14. (a) Elucidate the tests for strength and speed.

Or

- (b) Define motor fitness and explain the JCR Test in detail.

15. (a) Explain any three test items in AAHPERD youth fitness test battery.

Or

- (b) Describe about French short service test in detail.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. List down the need and importance of test, measurement and evaluation in physical education.
  17. Discuss in detail about administration of test in the field of physical education.
  18. Explain in detail about criteria for test selection in the field of physical education.
  19. Describe about Barrow motor ability test in detail.
  20. Explain in detail about Johnson basketball test.
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**S-0434**

**Sub. Code**

**23BPE4C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 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** the 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 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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**S-0435**

**Sub. Code**

**23BPE4C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fourth Semester**

**Physical Education**

**THEORIES OF MAJOR GAMES – III**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Section A**

(10 × 2 = 20)

Answer **all** the questions.

1. Define dribbling in football.
2. What is a double dribble in basketball?
3. Explain the concept of rotation in volleyball.
4. What is a sprint in track events?
5. Define a foul in basketball.
6. What is a corner kick in football?
7. What is the difference between a spike and a block in volleyball?
8. Explain the term “offside” in football.
9. What is the role of a pacemaker in middle-distance races?
10. What is the penalty for a false start in track events?

**Section B**

(5 × 5 = 25)

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

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

Or

- (b) Discuss the various types of dribbles in basketball.

12. (a) How is serving in volleyball categorized? Discuss its techniques.

Or

- (b) Describe the key components of sprinting technique in track and field.

13. (a) Explain the roles of forwards and defenders in football.

Or

- (b) Describe the various types of shots used in basketball and their importance in gameplay.

14. (a) Explain the defensive formations used in volleyball.

Or

- (b) Discuss the strategy and pacing involved in middle-distance races.

15. (a) Explain the role of teamwork in basketball and how it affects gameplay.

Or

- (b) What are the responsibilities of the assistant referees in football officiating?

**Section C**

(3 × 10 = 30)

Answer any **three** questions.

16. Compare and contrast offensive and defensive strategies in football.
  17. Explain the finer skills involved in shooting and defending in basketball. How do these skills contribute to overall performance?
  18. Discuss the officiating techniques and the role of the referee in volleyball. How do they ensure fair play?
  19. Analyze the differences between sprint, middle-distance, and long-distance running techniques. Discuss their impact on athlete performance.
  20. Describe the roles, techniques, and strategies involved in each playing position in-football focusing on both individual skills and team dynamics.
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**S-0436**

**Sub. Code**

**23BPE5C1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

**SPORTS BIOMECHANICS AND KINESIOLOGY**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define biomechanics.
2. What is the importance of biomechanics in sports?
3. What is the difference between speed and velocity?
4. Explain acceleration in the context of sports.
5. Define projectile motion.
6. Explain the role of COG in sports performance.
7. What is the significance of base of support in maintaining equilibrium?
8. Define a lever and its types.
9. What is the difference between mass and weight?
10. Explain Newton's second law of motion.

**Part B**

(5 × 5 = 25)

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

11. (a) Define biomechanics. Discuss its importance in sports.

Or

- (b) Explain the types of motion with examples.

12. (a) Explain angular distance and displacement. How do they relate to linear motion?

Or

- (b) Define center of gravity (COG). Discuss its importance in sports.

13. (a) Explain the types of equilibrium with examples.

Or

- (b) Discuss the factors affecting equilibrium in sports.

14. (a) Define inertia. Discuss its significance in sports.

Or

- (b) What is friction? Discuss its types and significance in sports.

15. (a) Discuss the role of biomechanics in football.

Or

- (b) Explain how biomechanics is applied in volleyball.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the meaning and definition of biomechanics. Discuss its aim, need, and importance in the field of physical education and sports.
  17. What is projectile motion? Discuss the factors affecting projectile trajectory. including angle of projection, height of release, speed of release, gravity, air resistance, and spin.
  18. Discuss the factors affecting equilibrium, including base of support line of gravity, and center of gravity. Provide examples from sports to illustrate each factor.
  19. Explain the concepts of mass and weight. Discuss the factors affecting force and the different types of force encountered in sports.
  20. Discuss the importance of biomechanics in swimming. Explain how biomechanical principles influence stroke techniques, body position, and overall performance in swimming.
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**S-0437**

**Sub. Code**

**23BPE5C2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

**SPORTS PSYCHOLOGY AND SOCIOLOGY**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is the exact meaning of psychology?
2. Which is also called psychomotor?
3. What are the major characteristics of personality?
4. What do you mean by balance?
5. What are the factors affecting perception theory?
6. What is a kinesthetic sense?
7. What is the goal of sociology?
8. What do you mean by sociogram?
9. Why is gender an important issue?
10. What is sports crisis?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain important of sports psychology.

Or

(b) Write a short note on development of sports psychology in India.

12. (a) Write a physical and motor consideration.

Or

(b) Briefly explain personality dimensions with examples.

13. (a) What is the relationship between anxiety and stress?

Or

(b) What are the factors affecting the sports performance?

14. (a) Explain eye hand coordination and reaction time.

Or

(b) Explain aggression effect in sports.

15. (a) Write types of socialization and explain.

Or

(b) Briefly explain social factors in sports.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Define heredity and environment and write about factor influencing in sports.
  17. Define and explain what role did physical education play in the Indian education system.
  18. Describe the perception Gestalt theory.
  19. Discuss in detail the sociological benefit of sports.
  20. Elaborately write the leadership and sports culture.
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**S-0438**

**Sub. Code**

**23BPE5C3**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

**COMPUTER APPLICATION IN PHYSICAL EDUCATION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is a computer?
2. What is the function of the keyboard?
3. What is memory in a computer?
4. State one difference between ROM and RAM.
5. Define hardware and give one example.
6. What is an interpreter?
7. What is an application file in Windows?
8. Define WordPad.
9. What is the Start Menu in Windows 98 used for?
10. Define a slide in PowerPoint.

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the history and generations of computers.

Or

- (b) Explain the function of the monitor and how it works.

12. (a) Describe the structure and use of a floppy disk.

Or

- (b) Compare RAM and ROM based on speed, volatility, and usage.

13. (a) Write any five advantages of high-level programming languages.

Or

- (b) What are the key features of a word processor?

14. (a) Describe the difference between application files and document files with examples.

Or

- (b) What are the steps to launch the Calculator in Windows, and what are its main modes?

15. (a) Describe the steps to open and create a new document in MS Word.

Or

- (b) Describe the procedure to format cells in Excel.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the block diagram of a computer system. Describe each unit in detail.
  17. Compare and contrast the characteristics, uses and limitations of floppy disks, magnetic tapes and hard disks.
  18. Compare and contrast an interpreter and a compiler. What are their roles in software development?
  19. What is MS-DOS? Describe its features, uses and how it works within Windows.
  20. Describe the basic features and user interface of Windows 98. How do you manage files and folders in it?
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**S-0439**

**Sub. Code**

**23BPE5C4**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

**RESEARCH AND ELEMENTARY STATISTICS**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** the questions.

1. What is meant by Basic Research?
2. What is meant by the Applied Research?
3. What is meant by Validity?
4. Explain the term Hypothesis?
5. List down the primary sources?
6. List down the secondary sources.
7. What is meant by sample?
8. List down the scales of measurement.
9. What is meant by percentile?
10. Explain the term quartile.

**Part B**

(5 × 5 = 25)

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

11. (a) Write the scope of Research.

Or

(b) Write the steps in Basic Research?

12. (a) List down the types of Hypothesis?

Or

(b) Explain the types of validity.

13. (a) What is meant by primary sources of Data?

Or

(b) Explain the secondary sources of Data.

14. (a) Explain the types of scales of measurement.

Or

(b) Explain the term mean deviation.

15. (a) Write the importance of percentiles.

Or

(b) Write the importance of quartiles.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the basic and applied research.

17. Write down the steps in Research Proposals.

18. Explain the Historical research.
  19. Find out the Range and Mean Deviation in the following data.  
20, 15, 22, 24, 28, 18, 19, 16, 14 and 12.
  20. Computation of percentiles in the following data.  
101, 105, 108, 102, 106, 109, 101, 106, 105 and 102.
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**S-0440**

**Sub. Code**

**23BPE5E1**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

***Elective* — SPORTS MEDICINE AND PHYSIOTHERAPY**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is the most common sports injury?
2. How to treat common sports injuries?
3. What are two signs of a dislocation
4. Which parts of the body are commonly affected by dislocations?
5. What are the principles of massage manipulation?
6. Why drink water after a massage?
7. What is diapulse therapy?
8. What is infra-red light therapy for?
9. What is an acute respiratory disease?
10. What are the symptoms of an acute respiratory infection?

**Part B**

(5 × 5 = 25)

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

11. (a) Explain types of fracture.

Or

(b) How is athletic care and rehabilitation used  
Explain?

12. (a) Briefly explain strain and sprain.

Or

(b) What you mean by wound and its types?

13. (a) What is ultrasonic diathermy and explain?

Or

(b) How do ultra violets rays work together?

14. (a) Explain introduction and treatment of message.

Or

(b) Which is the best massage technique explain?

15. (a) Explain acute respiratory condition.

Or

(b) Sign and symptoms of neurological disorders.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Define common athletic injury and their treatment.
  17. Define dislocation and muscle cramp.
  18. Describe short wave diathermy, micro wave diathermy and diapulse diathermy.
  19. Discuss in massage classification of manipulation (Swedish system).
  20. Elaborately write neurological disorder.
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**S-0441**

**Sub. Code**

**23BPE5E2**

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2025**

**Fifth Semester**

**Physical Education**

**Elective – SPORTS NUTRITION**

**(CBCS – 2023 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is meant by sports nutrition?
2. Define sports Nutrition.
3. Write down the structure of carbohydrate.
4. How the stored form of carbohydrate in our body?
5. What is the other form of good cholestrol called it as?
6. List down the kinds of water soluble vitamins.
7. What kind of disease occur in Iron?
8. How many percentage of minerals stored in our body?
9. What is meant by Electrolyte?
10. Explain the meaning of the term diet.

**Part B**

(5 × 5 = 25)

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

11. (a) Write down the need of sports Nutrition.

Or

- (b) Give short note on Balanced Diet.

12. (a) Explain the role of carbohydrates in our body.

Or

- (b) Carbohydrate balance in exercise – Explain.

13. (a) What are all the role of fat in our body?

Or

- (b) What is protein balance in exercise?

14. (a) Role of minerals in our body – Brief.

Or

- (b) Write down the water requirement in exercise.

15. (a) What are all the factors determining diet planning?

Or

- (b) Briefly explain the carbohydrate loading.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Write an essay about essential nutrition.

17. Explain the effect of diet on muscle glycogen.

18. What are all the benefits of vitamins and give the deficiency of diseases in vitamins?
  19. Explain the recommended daily allowances of minerals, functions and dietary sources?
  20. List down the electrolytes and its functions.
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