

S-2625

Sub. Code

23BPE1C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 education in the context of physical education.
2. What is the importance of recreational activities in physical education?
3. Mention two types of learning in physical education.
4. What is cognitive development in sports?
5. Define sports medicine.
6. Name two contributions of psychology to sports.
7. What is the Olympic torch?
8. Define kinesiology.
9. Name two recent developments in sports education in India.
10. What is the Arjuna Award?

Part B

(5 × 5 = 25)

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

11. (a) Explain the objectives of physical education in the affective domain.

Or

- (b) Discuss the nature and importance of physical culture.

12. (a) Explain the development of neuromuscular coordination through sports.

Or

- (b) Write about the role of anatomy in physical education.

13. (a) Explain the contribution of sociology to sports and physical education.

Or

- (b) Write a short note on the Olympic Motto.

14. (a) Discuss the role of SNIPES in sports development in India.

Or

- (b) Explain the significance of biomechanics in sports.

15. (a) Write about the origin and organization of the Olympic Games.

Or

- (b) Discuss the contribution of the Rajiv Gandhi Khel Ratna Award to sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write a detailed essay on the meaning and definition of education and physical education.
 17. Discuss the aim and objectives of physical education in various developmental domains.
 18. Explain the scientific basis of physical education with a focus on allied sciences.
 19. Write an essay on the history, conduct and symbols of the Olympic Games.
 20. Discuss the recent developments in sports and physical education in India.
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S-2626

Sub. Code

23BPE1C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Write the meaning of physiology.
2. What are the types of tissues?
3. Describe the classification of bones.
4. What is articulation?
5. What are the benefits of digestive enzymes?
6. Describe brain.
7. What is meant by cardiac cycle?
8. Define vital capacity.
9. Write about the duties of pancreas.
10. What is called thymus gland?

Part B

(5 × 5 = 25)

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

11. (a) Describe the structure of cell with diagram.
Or
(b) What are the special characteristics of cardiac muscle? Give detail.
12. (a) Describe the features of scapula bone.
Or
(b) List down the functions of skeleton.
13. (a) Write about the autonomic nervous system.
Or
(b) Draw a neat diagram of alimentary canal and label the parts.
14. (a) Describe the functions of heart with a diagram.
Or
(b) Enlighten the structure of lungs and its functions.
15. (a) What are the female sex hormones and their duties?
Or
(b) Describe the role of adrenal gland in the regulation of body functions.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the need and scope of anatomy and physiology in physical education.
17. Briefly explain the types of joints with neat diagrams and examples.

18. Enlighten the process of digestion in detail.
 19. What are the different types of gas exchange? Give detail
 20. What is endocrine system? Where are the endocrine glands located?
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S-2627

Sub. Code

23BPEA1

U.G. DEGREE EXAMINATION, APRIL 2026.

Physical Education

Allied – FITNESS AND WELLNESS

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What are the three main dimensions of wellness?
2. Define athletic fitness.
3. Mention two chronic effects of physical activity.
4. Define the role of proteins in the body.
5. What is isometric exercise?
6. How do agility and balance affect athletic performance?
7. List two important factors for effective weight control.
8. How does stretching improve flexibility?
9. What is the significance of the test battery in fitness evaluation?
10. Define cardio-respiratory endurance.

Part B

(5 × 5 = 25)

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

11. (a) Explain the aim and objectives of fitness and wellness.

Or

- (b) Discuss the effects of aerobic and anaerobic exercises on the body.

12. (a) What is the role of agility and balance in fitness training?

Or

- (b) Explain the importance of proper nutrition in athletic performance.

13. (a) What are the different methods to assess muscular strength?

Or

- (b) How do minerals contribute to overall health and fitness?

14. (a) Discuss the importance of hydration and water intake for athletes.

Or

- (b) Explain the impact of cardiovascular diseases and their prevention.

15. (a) Describe the importance of endurance training in fitness.

Or

- (b) Explain the assessment process of physical fitness components.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain in detail the factors influencing fitness and how they can be managed.
17. Discuss the chronic physiological adaptations of the body due to regular exercise.
18. How do different types of exercises contribute to overall fitness? Provide examples.
19. Explain the role of diet and nutrition in weight management.
20. Discuss the principles and techniques of cardiovascular endurance training.
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S-2628

Sub. Code

23BPE1S1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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** questions.

1. Define corrective physical education.
2. What is scoliosis?
3. Name two types of sports injuries.
4. What is the importance of spinal alignment in posture?
5. Mention any one drawback of bad posture.
6. What is active exercise?
7. Define resisted exercise.
8. Name any two massage techniques.
9. What is cupping in massage therapy?
10. What is the purpose of short-wave diathermy?

Part B

(5 × 5 = 25)

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

11. (a) Describe the role of posture in preventing sports injuries.

Or

- (b) Explain the causes and correction methods for knock knees.

12. (a) What are the objectives of corrective physical education?

Or

- (b) Explain different types of strengthening exercises.

13. (a) Discuss the chemical effects of massage on the human body.

Or

- (b) What is the significance of percussion manipulations in massage?

14. (a) Discuss the principles of injury prevention in sports.

Or

- (b) Explain the importance of rehabilitation exercises in sports injury recovery.

15. (a) Describe the benefits of infrared therapy in sports medicine.

Or

- (b) Explain different techniques of strapping in sports injury management.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the biomechanics of standing posture and its importance in sports.
 17. Describe in detail different types of therapeutic exercises with examples.
 18. Explain various types of massage techniques and their specific uses.
 19. Discuss the significance of applying cold and heat therapy in sports injuries.
 20. Describe in detail the different techniques of injury care and support in sports
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S-2629

Sub. Code

23BPE1FC

B.Sc. DEGREE EXAMINATION, APRIL 2026

First Semester

Physical Education

**HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the SAF Games?
2. Define recreation in the context of physical education.
3. What is the difference between growth and development?
4. Mention two objectives of physical education.
5. Define heredity.
6. What is transfer of training?
7. Name any two types of physical activities.
8. What is the importance of Commonwealth Games in physical education?
9. Define the term “sports sociology.”
10. What is the role of physical education in group behaviour?

Part B

(5 × 5 = 25)

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

11. (a) Explain the contribution of the YMCA to physical education in India.

Or

- (b) Write a short note on the SAF Games.

12. (a) Discuss the meaning and objectives of physical education.

Or

- (b) Explain the differences between growth and development.

13. (a) Describe the role of heredity and environment in human development.

Or

- (b) Explain the psychological basis of physical education.

14. (a) Discuss the importance of learning types in physical activities.

Or

- (b) Write about the relationship between physical education and recreation.

15. (a) Explain the concept of sports sociology and its relevance.

Or

- (b) Discuss the factors affecting group behavior in sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write a detailed essay on the history and foundation of physical education.
 17. Discuss the objectives and aims of physical education in modern society.
 18. Explain the biological principles of physical education and their significance.
 19. Write an essay on the psychological basis of physical education.
 20. Discuss the role of physical education and sports in promoting social integration.
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S-2630

Sub. Code

23BPE2C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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** questions.

1. What is organisation?
2. What is Administration?
3. Define Gymnasium.
4. Explain Play Field.
5. What is Physical Education?
6. Explain about Principles.
7. Explain minor Games.
8. What is Track?
9. Explain Fixtures.
10. What is Tournament?

Part B

(5 × 5 = 25)

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

11. (a) Explain about Tamilnadu Champion development scheme.

Or

- (b) Write a short notes on (SAI) Training Center Scheme and (SAG) Special area game?

12. (a) Write a History of Kabaddi and list out offence and deffensive skills?

Or

- (b) Detailed and measurements of dimensions of Basket ball court.

13. (a) What is class management and explain principles of class management?

Or

- (b) What are all the factors influencing in methods of presentations?

14. (a) Explain about Training Practice and describe any two offensive skills.

Or

- (b) Explain about any two field techniques in teaching method.

15. (a) Draw a knock out fixture for 18 teams.

Or

- (b) Draw a league fixture for 21 teams.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about SGFI and SDAT.
 17. What is equipment and care and maintenance of equipments?
 18. What is Suryanamaskar and its importance?
 19. Draw a neat diagram of Hockey and list out the offensive and defensive skill.
 20. Draw a fixture for 22 league teams.
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S-2631

Sub. Code

23BPE2C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

Physical Education

TRACK & FIELD – I

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Name any two differences between standard and non-standard tracks.
2. What is the radius of the curve in a standard 400 m track?
3. How many hurdles are placed in the women's 100 m hurdles event?
4. Give two examples of middle-distance events.
5. Name two rules for baton exchange in a relay race.
6. How many curves will a runner cover in a 5000 m race on a standard track?
7. What is the weight of the women's shot put?
8. What is the diameter of the discus circle?

9. What is the length of the take-off board in long jump?
10. How many attempts are given to an athlete in high jump?

Part B

(5 × 5 = 25)

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

11. (a) List and explain the basic parts of a standard track.

Or

- (b) Explain the rules for measuring track length.

12. (a) Write short notes on staggered starts in track events.

Or

- (b) Describe the method of marking for an 800 m race.

13. (a) Write the rules for baton exchange in a relay.

Or

- (b) Write short notes on race walking rules.

14. (a) List the specifications of the men's and women's shot put.

Or

- (b) Describe the throwing circle for discus.

15. (a) Write short notes on the Fosbury Flop technique in high jump.

Or

- (b) Describe the take-off board specifications for long jump.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Draw a neat diagram of a 400 m standard track with all markings and label each part.
 17. Describe in detail the marking for men's 110 m hurdles.
 18. Explain the race walking rules and disqualification conditions.
 19. Describe in detail the marking for javelin throw.
 20. Compare the techniques and marketing of high jump and long jump.
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S-2632

Sub. Code

23BPEA2

U.G. DEGREE EXAMINATION, APRIL 2026

Physical Education

Allied – THEORIES OF MAJOR GAMES – I

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Who introduced Football in India?
2. Name any two national-level Basket Ball tournaments in India.
3. List any two fundamental skills in Volleyball.
4. What is meant by “Selection of Players”?
5. Define “Tactical Training”.
6. State any two advantages of warm-up.
7. State the length and breadth of a Football field
8. Mention any two types of fouls in Football.
9. Name the highest governing body for Basket Ball.
10. Write any two duties of officials in Volleyball.

Part B

(5 × 5 = 25)

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

11. (a) Discuss the role of international organizations in promoting Football.

Or

- (b) Write short notes on the development of Basketball in India.

12. (a) List and explain various symptoms of play in Volleyball.

Or

- (b) Describe the role of lead-up games in Basketball training.

13. (a) Discuss the objectives and types of tactical training.

Or

- (b) Write notes on the coaching programme for Volleyball.

14. (a) Draw and explain the layout of a Volleyball court.

Or

- (b) State and explain the basic rules of Basketball.

15. (a) Explain the methods of officiating in Football.

Or

- (b) List important Volleyball cups and explain their significance.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Trace the history and development of Football at the state level.
 17. Discuss the selection criteria for Football players.
 18. Explain the importance of warm-up before a match.
 19. Discuss the rules and interpretations in Basketball with examples.
 20. Discuss the duties of officials and important Football tournaments.
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S-2633

Sub. Code

23BPEA3

U.G. DEGREE EXAMINATION, APRIL 2026

Physical Education

Allied – THEORIES OF MAJOR GAMES – II

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define sprint events.
2. What is middle distance race?
3. What is lead-up game?
4. Name any two track events.
5. Mention one international organization of athletics.
6. What is warm-up?
7. What is tactical training?
8. What is score sheet?
9. Define officiating.
10. What is playfield layout?

Part B

(5 × 5 = 25)

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

11. (a) Explain the history and development of track events.

Or

- (b) Explain sprint and relay events.

12. (a) Explain fundamental skills of track events.

Or

- (b) Write about lead-up games in athletics.

13. (a) Explain the origin and development of cricket.

Or

- (b) Explain fundamental skills in hockey.

14. (a) Explain warm-up and warm-down.

Or

- (b) Explain technical training and tactical training.

15. (a) Explain rules and interpretation of any one major game.

Or

- (b) Write the duties of officials.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain different track events and their organizational setup at district, state, national and international levels.
 17. Explain various systems of play and selection of players in cricket, hockey and handball.
 18. Explain coaching programme and methods of officiating.
 19. Draw and explain the layout of a playfield with measurements, facilities and equipment.
 20. Explain training methods used for track and field events.
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S-2634

Sub. Code

23BPEA4

B.Sc. DEGREE EXAMINATION, APRIL 2026.

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 purpose of the Johnson Basketball Test?
2. Which test is used to evaluate serving accuracy in badminton?
3. What is the role of genetics in sports performance?
4. Define anatomical age and its significance in sports.
5. Name one component of the Khelo India battery test.
6. What does the World B Test (SDAT Test) assess?
7. What is the purpose of skill tests in talent identification for ball games?
8. Name one test used to assess throwing ability in athletics.
9. What is the primary benefit of using technology-based
10. Define anxiety in sports and its impact on performance.

Part B

(5 × 5 = 25)

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

11. (a) What are the key aspects assessed in the SAI Volleyball Test?

Or

- (b) Explain the importance of the Beep Test in athletic training.

12. (a) Explain the interaction between genetics and environment in determining sports performance.

Or

- (b) How does physical activity level, as measured by IPAQ, impact sports performance?

13. (a) Explain the components of the Physical Efficiency and Sports Aptitude Test (PESTA).

Or

- (b) Describe the Khelo India battery test and its objectives.

14. (a) Explain how skill tests are used in talent identification and development in football.

Or

- (b) Discuss the skill tests used to assess racket skills in badminton and tennis.

15. (a) Explain the concept of self-efficacy and its impact on sports performance, including strategies to enhance it.

Or

- (b) Describe the use of skinfold measurements and BMI in assessing body composition.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the components of a comprehensive badminton skill test, including serving, clear, smash, and footwork tests.
17. Describe how understanding human body types, ages, and anthropometric assessment can inform talent identification and development in sports.
18. Analyze the role of fitness education in promoting lifelong physical activity and sports participation.
19. Evaluate the skill tests used for talent identification in basketball, including the Johnson Basketball Test and other relevant assessments.
20. Analyze the use of mobile apps in fitness assessment, including the Beep Test, skinfold measurements, and BMI calculations, highlighting advantages and disadvantages.

S-2635

Sub. Code

23BPE2S1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 recreational?
2. Write any two recreational activities.
3. What is Called Recreational Primitive?
4. Definition of Roman period.
5. List down the recreation in India.
6. What is Cultural Religious?
7. Definition of good recreation leader.
8. Write the education institutions.
9. Definition of general Principles of programmed construction.
10. What is Crafts?

Part B

(5 × 5 = 25)

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

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

Or

- (b) How does recreation contribute to physical and mental well-being?

12. (a) What are some differences between active and passive recreation?

Or

- (b) What are some popular outdoor recreational activities?

13. (a) What are some benefits of spending time in nature?

Or

- (b) Explain the Provide Recreation in India.

14. (a) Do you prefer solo or group outdoor activities?

Or

- (b) Explain the Cultural Religious.

15. (a) Briefly explain the indoor games Arts and Crafts.

Or

- (b) Definition of Hobbies.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the theories of play and recreation.
 17. Describe the development of Recreation.
 18. Describe the Principles of Qualities and Qualification a good recreation leader.
 19. What are some challenges or considerations when engaging in outdoor recreation?
 20. What are some examples of traditional games and their importance?
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S-2636

Sub. Code

23BPE2S2

B.Sc. DEGREE EXAMINATION, APRIL 2026

Second Semester

Physical Education

SPORTS JOURNALISM

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is the role of information in sports journalism?
2. State two principles of ethical journalism.
3. Define recreation in the context of sports bulletins.
4. Mention any two types of bulletins in sports media.
5. List two responsibilities of a sports journalist.
6. Name two key elements in sports reporting.
7. What are the Asian Games and when did they start?
8. What is the significance of Indian traditional games today?
9. Mention one key feature of a live sports commentary.
10. Define the term 'mass media' in journalism.

Part B

(5 × 5 = 25)

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

11. (a) Explain the importance of ethics in sports journalism with examples.

Or

- (b) Discuss the role of journalism in promoting sports education.

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

Or

- (b) Discuss the evolution of recreational sports in India post-independence.

13. (a) Explain how sports journalism is integrated with sports organizations.

Or

- (b) Compare and contrast sports reporting with general news reporting.

14. (a) Give a brief review of the Asian Games and its significance.

Or

- (b) Explain the importance of Commonwealth Games in global sports.

15. (a) Discuss the role of sports experts in TV commentary.

Or

- (b) How does mass media influence sports journalism?

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Critically analyze the canons of journalism and their application in sports reporting.
 17. Explain in detail the structure and types of sports bulletins.
 18. Evaluate the role of sports as a component of physical education and its media representation.
 19. Trace the historical development of the Olympic Games and India's participation.
 20. Discuss the differences between radio and TV sports commentary with suitable examples.
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S-2637

Sub. Code

23BPE3C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 mantra yoga?
2. Define Ashtanga yoga.
3. What is the meaning of Samadhi?
4. Name two types of bandhas.
5. Write a short note on Sitkari pranayama.
6. What is Trataka kriya?
7. Mention any two benefits of meditation.
8. Define the term Pranayama.
9. What is Chin Mudra?
10. Name two yogic institutions in India

Part B

(5 × 5 = 25)

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

11. (a) Write about the history and development of yoga.

Or

- (b) Explain the benefits and guidelines for practicing Nadi Shodhana pranayama.

12. (a) Discuss the classification of asanas with examples.

Or

- (b) Explain the procedures and benefits of Kapalabhati kriya.

13. (a) Describe the role of Dharana and Dhyana in yoga practice.

Or

- (b) Write about the types and importance of mudras in yoga.

14. (a) Discuss the integration of yoga with modern education.

Or

- (b) Explain the physiological benefits of pranayama.

15. (a) Write short notes on Dhauti and its types.

Or

- (b) Discuss the principles and benefits of yogic competition.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Discuss the systems of yoga and their importance in daily life.
 17. Write an essay on the concept and types of kriyas in yoga.
 18. Explain the role of pranayama and provide detailed guidelines for its practice.
 19. Discuss the concept and physiological effects of meditation on physical and mental health.
 20. Explain the guidelines for yogic practices and their relevance in modern education.
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S-2638

Sub. Code

23BPE3C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

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. Mean the term sports training.
2. What is called speed?
3. Define overload.
4. Mention the types of training cycles.
5. How many types of periodization are there?
6. What is the height of the high altitudes?
7. Define the term flexibility.
8. Write the physical fitness component.
9. What do you mean by technique in sports?
10. How to calculate speed.

Part B

(5 × 5 = 25)

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

11. (a) Explain the role of flexibility in sports.

Or

- (b) Explain the types of contractions.

12. (a) Write the impact of transition period.

Or

- (b) Explain the vital role of coordination in sports.

13. (a) Explain the application of micro-cycle in sports training.

Or

- (b) Write the influence of different warm-ups.

14. (a) Mention the causes and symptoms of overload.

Or

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

15. (a) Distinguish between physical fitness components and motor qualities.

Or

- (b) Explain the training load and training intensity.

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-2639

Sub. Code

23BPE3C3

B.Sc. DEGREE EXAMINATION, APRIL 2026

Third Semester

Physical Education

TEST AND MEASUREMENT & 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 the term skill test.
3. Write about meaning of endurance.
4. Tell about norms.
5. Tell the purpose of sit-ups test.
6. Define physical fitness.
7. What is reliability?
8. Expand J.C.R. test.
9. Write the purpose of Boer-Miller test.
10. Explain the purpose French short service test.

Part B

(5 × 5 = 25)

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

11. (a) Illustrate about Helmen volleyball test.

Or

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

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

Or

- (b) List down the duties during administration of a test in physical education.

13. (a) Explain the duties before administration of a test in physical education.

Or

- (b) Write short notes on validity and objectivity.

14. (a) Elucidate the tests for explosive strength and flexibility.

Or

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

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

Or

- (b) Describe about Mc Donald soccer test.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe about the need and importance of test, measurement and evaluation in physical education.
 17. Discuss in detail about any three classifications of test in physical education.
 18. Define cardio respiratory endurance and explain in detail about the twelve minutes run/walk test.
 19. Describe about AAHPERD youth fitness test battery.
 20. Demonstrate the Hendry Friedel hockey test in detail with neat diagram.
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S-2640

Sub. Code

23BPE4C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

Fourth Semester

Physical Education

EXERCISE PHYSIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. How you define exercise physiology?
2. What is ATP?
3. Describe sarcomere.
4. State two training effects on the muscular system.
5. Define respiration.
6. What is meant by vital capacity?
7. Describe stroke volume.
8. What are blood vessels?
9. Define cold climate.
10. What is meant by thermoregulation?

Part B

(5 × 5 = 25)

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

11. (a) Describe protein metabolism.

Or

(b) What is oxygen deficit? Clarify.

12. (a) Describe the types of muscle fibers.

Or

(b) What is staircase phenomenon? Explain.

13. (a) Write the impact of exercise on respiratory system.

Or

(b) Short notes on control of ventilation.

14. (a) Give a briefly an overview of a cardiac cycle's events.

Or

(b) Describe the regulation of blood flow.

15. (a) Write about the exercise and hot climate.

Or

(b) What are the advantages of aqua training? Give detail.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write down the aerobic energy systems in detail.

17. Elucidate the classification of muscular contractions with examples.

18. Enlighten the mechanism of breathing with neat diagram.
 19. Clarify the effect of exercise on circulatory system.
 20. Describe the physiological adaptation to exercise at altitude.
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S-2641

Sub. Code

23BPE4C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

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** questions.

1. Name any two techniques used in High-Jump.
2. Define Lead-Up Games.
3. Mention one fundamental skill in KHO-KHO.
4. Who is the chief official in most team games?
5. What is the standard size of a Hockey goal post?
6. Name any two international Athletic Governing bodies.
7. Mention any two fundamental skill in football.
8. Name any two techniques used in Kabaddi.
9. What is warm-up?
10. What is the length and breadth of a standard football field?

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on the development of the triple jump in modern athletics.

Or

- (b) Explain the structure of district-level athletic organization and its role.

12. (a) Explain the importance of fundamental skill in any two games.

Or

- (b) Write briefly about the scientific approach in athlete selection.

13. (a) Describe any four fundamental skill in Ball Badminton.

Or

- (b) Describe the selection process of players at the national level in any one game.

14. (a) What are the main components of a coaching program?

Or

- (b) Explain the duties of an umpire in a court game.

15. (a) Describe the specifications of goalposts and playing surface in football.

Or

- (b) Explain the layout of a volleyball court with its basic measurements.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write about the history and development of long jump un athletics.
 17. Describe Lead-up games and how they help in developing basic skills in children.
 18. Describe the history and development of kho-kho and mention its governing bodies at all levels.
 19. Explain the importance of warm-up and warm-down in physical training.
 20. Draw and explain the layout of a football field, including all measurements and equipment specifications.
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S-2642

Sub. Code

23BPE5C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 and differentiate between linear and angular motion with examples.
2. Explain the concept of air and water resistance in sports.
3. Define distance and displacement.
4. List two factors affecting projectile trajectory.
5. What is the center of gravity (COG)?
6. State the types of equilibrium.
7. Differentiate between centrifugal and centripetal forces.
8. What is mechanical advantage in levers?
9. Define inertia.
10. What is friction? Discuss its advantages and disadvantages in sports.

Part B

(5 × 5 = 25)

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

11. (a) Discuss the role of air and water resistance in sports.

Or

- (b) Define distance and displacement. Explain their differences with examples.

12. (a) Explain speed, velocity, and acceleration with examples.

Or

- (b) What is projectile motion? Discuss its factors and applications in sports.

13. (a) What are levers? Explain their types with examples from the human body.

Or

- (b) Explain Newton's three laws of motion with examples from sports.

14. (a) Define work, power, and energy. Discuss their relevance in sports.

Or

- (b) Discuss the application of biomechanics in track and field events.

15. (a) Explain how biomechanics contribute to performance in basketball.

Or

- (b) Explain how biomechanics is applied in Jumping Events.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the different types of motion-linear and angular motion. Provide examples from sports to illustrate each type.
 17. Define linear kinematics. Explain the concepts of distance, displacement speed, velocity, and acceleration with examples from sports.
 18. Explain the concept of the center of gravity (COG). Discuss its importance in maintaining equilibrium during various physical activities.
 19. Explain the concepts of impact and elasticity, Discuss their significance in sports equipment design and performance.
 20. Discuss the application of biomechanics in track and field events. Explain how biomechanical principles enhance performance in running, throwing, and jumping events.
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S-2643

Sub. Code

23BPE5C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

Fifth Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. How is psychology used in sports?
2. Who is the father of sports psychology?
3. What do you mean by motor learning?
4. What does psychomotor mean?
5. What is tension in psychology?
6. What is the definition of stress?
7. Which is the description of the methods of personality measurement?
8. What is the definition of aggression?
9. Why is it called sociology?
10. Why is sociology important?

Part B

(5 × 5 = 25)

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

11. (a) Write a development of sports psychology in India.

Or

- (b) Explain the role of psychology in the field of physical education.

12. (a) Describe Personality and Sports Performance.

Or

- (b) Briefly explain motor learning.

13. (a) Explain Socialization through Physical Education.

Or

- (b) What is movement time and reflex time explain?

14. (a) Explain the of emotional effect.

Or

- (b) Explain the theory of perception.

15. (a) Write about a autogenic training.

Or

- (b) Write the theory of aggression.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the Definition, Meaning, Nature, Importance and Scope of Sports Psychology.
 17. Discuss Nature of personality and explain personality traits.
 18. Elaborately explain psychomotor considerations in the field of Physical education.
 19. Describe Importance of Culture and Effects of Culture on People life Style.
 20. Elaborately write Leadership in physical education?
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S-2644

Sub. Code

23BPE5C3

B.Sc. DEGREE EXAMINATION, APRIL 2026

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** the questions.

1. Define Visual Display Terminal (VDT).
2. Name any two types of printers.
3. Mention one function of the CPU.
4. Define magnetic tape.
5. Mention any two high-level programming languages.
6. Differentiate between hardware and software.
7. Mention any two basic accessories available in Windows.
8. What is the use of the Paint application?
9. What is a worksheet in MS Excel?
10. What is the function of the “Ctrl + C” shortcut in MS Word?

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on the working of a keyboard.

Or

- (b) Differentiate between Dot Matrix and Line Printers.

12. (a) What is a magnetic tape? Mention its advantages and limitations.

Or

- (b) What are the main characteristics of a computer?

13. (a) What is the role of an operating system in a computer system?

Or

- (b) Describe the types of system software.

14. (a) Write short notes on:

- (i) WordPad
- (ii) Paint.

Or

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

15. (a) Explain how to create a basic PowerPoint presentation with at least three slides.

Or

- (b) Describe the purpose and basic functions of the following tabs in MS Word:
- (i) Home
 - (ii) Insert

Part C

(3 × 10 = 30)

Answer any **three** questions.

- 16. Discuss various input devices in detail, including light pen, mouse, barcode reader, keyboard and VDT.
- 17. Describe how memory and storage devices work together in a computer system.
- 18. How do software packages like spreadsheets and word processors enhance productivity? Explain with examples.
- 19. Compare the basic Windows applications (MS-DOS, Calculator, WordPad, Paint) based on interface, usability, and purpose.
- 20. How do you perform the following in Excel:
 - (a) Insert and delete rows/columns
 - (b) Merge cells
 - (c) Apply borders and colours
 - (d) Use SUM and AVERAGE functions?

S-2645

Sub. Code

23BPE5C4

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 Research?
2. Write down the definition of Basic Research.
3. What is meant by topic of Research?
4. What is the term Hypothesis?
5. List down the sources in Historical Research.
6. What is meant by secondary data?
7. List down the types of variables.
8. Give the meaning of the term population.
9. Explain the term percentile.
10. What is meant by ungrouped data?

Part B

(5 × 5 = 25)

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

11. (a) Write down the importance of Research.

Or

- (b) Write the need and scope of Research.

12. (a) Explain the location of Research Problem.

Or

- (b) Write down the Research Proposal.

13. (a) Explain the

(i) Nominal and

(ii) Ordinal scores.

Or

- (b) Explain the Quartile Deviation.

14. (a) Explain Internal criticism.

Or

- (b) Explain external criticism.

15. (a) Write down the importance of percentiles.

Or

- (b) Give examples in deciles.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Distinguish between Basic Vs. Applied Research.
 17. Explain the criteria for Research.
 18. Write down the steps in Historical Research.
 19. Computation of standard deviation.
10, 15, 20, 15, 10, 20, 25, 15, 18, 20 and 15.
 20. Construction of percentiles in ungrouped data.
8, 7, 6, 9, 5, 7, 8, 9, 6 and 8.
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S-2646

Sub. Code

23BPE5E1

B.Sc. DEGREE EXAMINATION, APRIL 2026

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. How do you treat an acute injury?
2. What is the first aid of a fracture?
3. How do you stop muscle cramps fast?
4. What is called a wound?
5. What body parts does massage therapy manipulate?
6. What is sandwich massage?
7. Is short-wave diathermy harmful?
8. What is the duration of ultrasound therapy?
9. What is a nervous disorder?
10. What are the symptoms of nerve damage?

Part B

(5 × 5 = 25)

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

11. (a) What home remedy is good for bone fractures?

Or

(b) Briefly explain the complication of fracture.

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 infrared rays work together?

14. (a) Explain introduction and treatment of massage?

Or

(b) Which is the best massage technique explain?

15. (a) Explain chronic respiratory condition.

Or

(b) Sign and symptoms of hemiplegia.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Define common athletic injury and their treatment.
 17. Define dislocation and bleeding wounds.
 18. Describe short wave diathermy, micro wave diathermy and diapulse diathermy.
 19. Discuss in massage classification of manipulation (Swedish system)?
 20. Elaborately write cerebral palsy disorder.
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S-2647

Sub. Code

23BPE5E2

B.Sc. DEGREE EXAMINATION, APRIL 2026

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 Essential Nutrition?
2. What is meant by Balanced Diet?
3. List down the kinds of CHO?
4. What is meant by protein sparing?
5. Explain the kinds of fat?
6. List down the protein rich food?
7. Explain the nature of minerals?
8. What is meant by water balance?
9. How to maintain the Diet?
10. What is meant by pre game meal?

Part B

(5 × 5 = 25)

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

11. (a) What are the essential nutrition's recommended in our body?

Or

- (b) Explain the four basic food plans.

12. (a) Explain the metabolic premier fuel for the central nervous system.

Or

- (b) Effect of carbohydrate balance in exercise.

13. (a) Explain energy sources and reserve and vitamin carrier and hunger depressor.

Or

- (b) Explain dynamics of protein metabolism.

14. (a) Explain the Dietary sources of Minerals.

Or

- (b) Explain the intake and output of water balance.

15. (a) List down the factors determining Diet Planning?

Or

- (b) List down the nutritious after exercises.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the daily recommended allowances of food.
 17. Give the moderate and prolonged exercised in carbo loading.
 18. Role of Vitamins and exercise performance during exercises – Brief.
 19. Explain the role of minerals during performance.
 20. Detail about pre game meal carbo-loading for endurance exercise.
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S-2648

Sub. Code

23BPE6C1

B.Sc. DEGREE EXAMINATION, APRIL 2026

Sixth Semester

Physical Education

SPORTS MANAGEMENT

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is meant by controlling in sports management?
2. Define administration in sports.
3. Who is a personnel manager?
4. Write any two importance points of programme development.
5. What is market awareness?
6. Mention any two examples of sports products.
7. Mention any two *ways* to store sports equipment.
8. What is the importance of equipment supply?
9. What is meant by an accounting system?
10. Mention two objectives of budgeting.

Part B

(5 × 5 = 25)

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

11. (a) Discuss any five basic principles of sports management.

Or

- (b) Explain the planning function in sports management.

12. (a) Explain the importance of programme development.

Or

- (b) Explain the meaning of competitive sports programmes.

13. (a) Explain the concept of market awareness.

Or

- (b) Discuss the challenges spoils marketing.

14. (a) Explain guidelines for selecting sports equipment.

Or

- (b) Explain the importance of an equipment room.

15. (a) Explain the process of budget preparation.

Or

- (b) Write about the accounting system in sports.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the challenges faced by sports managers.
 17. Explain the role and responsibilities of a personnel manager in detail.
 18. Discuss the challenges and opportunities in sports marketing.
 19. Explain the safety protocols in managing sports equipment.
 20. Describe how budgeting helps in the smooth conduct of sports events.
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S-2649

Sub. Code

23BPE6C2

B.Sc. DEGREE EXAMINATION, APRIL 2026

Sixth Semester

Physical Education

HEALTH EDUCATION AND FIRST AID

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. What is health?
2. Define Education.
3. What is communicable disease?
4. Describe about diabetic mellitus.
5. Meaning of Safety Education.
6. What is Injuries?
7. Explain Fracture.
8. Define Dislocation.
9. What is First Aid?
10. Define Artificial respiration.

Part B

(5 × 5 = 25)

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

11. (a) What are all the factors influencing in health?

Or

- (b) Discuss about the status of National Health Organization.

12. (a) What about the symptoms and prevention of malignency, hypertension?

Or

- (b) What is diabetic and types of diabetics?

13. (a) What are all the factors affecting in safety education?

Or

- (b) Explain safety education and importance of safety education.

14. (a) Explain about sprain and strain and its prevention.

Or

- (b) Discuss about Athletic injuries and its important.

15. (a) Explain about any two closed injuries.

Or

- (b) Explain about any two open injuries.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain about personal hygiene for school health programme.
 17. Discuss about communicable and non communicable diseases.
 18. Briefly explain the need and importance of safety for preventing injuries.
 19. Explain the management techniques for few open injuries.
 20. Write down signs, symptoms and first aids for Dog bites and burns.
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S-2650

Sub. Code

23BPE6C3

B.Sc. DEGREE EXAMINATION, APRIL 2026

Sixth Semester

Physical Education

**MOVEMENT EDUCATION AND PRIMARY PHYSICAL
EDUCATION**

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Define Movement Education.
2. What are fundamental locomotor movements?
3. What is body awareness in movement analysis?
4. What is limitation method in movement education?
5. State any two aims of Primary Physical Education.
6. What is meant by scope in Primary Physical Education?
7. Define gymnastics.
8. List two outdoor adventure activities.
9. What is direct teaching approach in Physical Education?
10. Name any two suggested equipment for primary Physical Education classes.

Part B

(5 × 5 = 25)

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

11. (a) Explain the aim and concept of Movement Education.

Or

- (b) Describe any two fundamental movement skills with examples.

12. (a) Discuss spatial awareness and its importance in movement education.

Or

- (b) Differentiate between direct and indirect teaching methods in movement education.

13. (a) Write a short note on selection of activities in Primary Physical Education.

Or

- (b) Explain the principles and themes of Primary Physical Education.

14. (a) Give an overview of dance and its significance in physical education.

Or

- (b) Explain the structure and objectives of athletics in the school curriculum.

15. (a) Describe the peer group teaching method in Physical Education lessons.

Or

- (b) Write about the guided discovery approach with examples.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the role of movement education as a foundation for an active lifestyle and give innovative teaching ideas.
17. Elaborate on the four aspects of movement analysis and how they guide teaching.
18. Discuss in detail the aims, objectives, scope and guidelines for good practices in Primary Physical Education.
19. Describe the key components, structure and appreciation of games and gymnastics in Primary Physical Education.
20. Compare and contrast various methodologies in organizing Physical Education lessons with relevant examples.
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S-2651

Sub. Code

23BPE6E1

B.Sc. DEGREE EXAMINATION, APRIL 2026.

Sixth Semester

Physical Education

Elective – THEORIES OF MAJOR GAMES - IV

(CBCS – 2023 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. What is the purpose of the glide in Shot Put?
2. Name any two stages in Javelin throwing technique
3. Mention any two selection criteria for sprinters
4. State two benefits of teaching lead-up games.
5. Name any two national-level organizations for Boxing.
6. What is meant by “system of play” in Tennis?
7. Mention any two methods of officiating in games.
8. What is meant by “Warm-up”?
9. What are the standard measurements of a Shot Put circle?
10. What is the height of Badminton net at the centre?

Part B

(5 × 5 = 25)

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

11. (a) Explain the organizational setup for Throws at district level.

Or

- (b) Explain the phases involved in the Hammer Throw.

12. (a) Describe any five fundamental skills required for throwing events.

Or

- (b) What are the benefits of using lead-up games in training?

13. (a) Trace the development of Badminton as a sport in India.

Or

- (b) Mention the major rules of play in Boxing.

14. (a) Describe the role of warm-up and cool-down in a training program.

Or

- (b) Describe tactical training and its importance in performance.

15. (a) Write a short note on the layout and markings of a Javelin field.

Or

- (b) Describe the facilities and equipment for a Tennis match.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the complete technique of Javelin throw including grip, approach, release, and reverse.
 17. Describe the selection process for athletes in field events. What factors influence a coach's decision?
 18. Discuss in detail the various systems of play and their significance in Tennis.
 19. Explain the technical, tactical, and coaching aspects of training.
 20. Draw and explain the layout of a Tennis court with facilities and equipment.
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