R–3107	Sub. Code 811201

M.P.Ed. DEGREE EXAMINATION, APRIL 2019.

Second Semester

Physical Education

APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Statistics.

2. State the meaning of the term 'Sample'.

3. Write any two measures of central tendency.

4. Define data.

5. Give formula for range.

6. Name any two standard scales.

7. List down any two types of graph.

8. Write the meaning of probability.

9. State the meaning of correlation.

10. Expansion of ANOVA.

11. Find the mode for the following data :
3, 8, 3, 8, 6, 9, 7, 3.

12. Give any two classification of t – ratio.

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. State the differences between parametric and non parametric statistics.

14. Narrate the advantages of measures of central tendency.

15. Calculate the standard deviation for the given data :
29, 31, 28, 31, 26, 27, 28.

16. Elaborate the skewness and Kurtosis.

17. Write short notes on t – test.

18. Give an account on deciles and percentiles.

19. Discuss the graphical representation in Statistics.

20. Calculate the Pearson Product Moment Correlation for the following data :

X :	5	8	1	2	9
Y :	7	3	9	3	4

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Describe the need and importance of statistics in Physical Education and Sports.

22. Compute the mean and mode for given data :

198, 191, 292, 193, 199, 197, 191, 198, 198, 111.

23. Write an essay on measures of dispersions.

24. Write a note on normal curve and explain its principles and properties.

25. Find the Rank order correlation for the given data :

Judge 1 : 5 1 3 2 4 7 6

Judge 2 : 2 4 5 6 7 3 1

R–3108

Sub. Code
811202

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

SPORTS BIOMECHANICS AND KINESIOLOGY

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. State the meaning of the term 'Applied Kinesiology'.
2. What is centre of gravity?
3. Write any two muscle name in the lower body.
4. Name the longest muscle in the human body.
5. Define motion.
6. State the meaning of the term 'force'.
7. What is second class lever and give example?
8. What is water resistance?
9. Name any two types of analysis of movement.
10. Mention any two types of methods of analysis.

11. What is kinetic energy?

12. Give any two instances where biomechanical principle applied in sports.

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the axes and planes.

14. Explain the location, origin and insertion of quadriceps group muscles.

15. Elaborate the centripetal force and centrifugal force.

16. Narrate the guiding principles of falling bodies.

17. Give an account on analysis of movement.

18. Write short notes on vectors and scalars.

19. Illustrate the action of deltoid muscle.

20. Give an account on air resistance and its types.

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Narrate the need and importance of Biomechanics and Kinesiology in the field of Physical Education and Sports.

22. Explain the origin, insertion and action of any two muscles of your choice.

23. Write an essay on types of motion.

24. Elaborate leverage, its classes and practical application.

25. Discuss the mechanical principles of running, walking and jumping.

———————

R–3109

Sub. Code
811203

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

ATHLETIC CARE AND REHABILITATION

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define corrective Physical Education.
2. Write any two values of good posture.
3. What is Kyphosis?
4. What is knock knee?
5. Expansion of PNF.
6. Write any two classifications of rehabilitation exercises.
7. Name any two massage techniques.
8. State any two benefits of massage.
9. Water therapy is otherwise called as ————————.
10. What is therapy?

11. Mention any two devices used for treating the sports injuries.

12. What is flat foot?

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the posture test.

14. Write short notes on stretching.

15. Narrate the physiological and psychological effect of massage.

16. Briefly discuss the history of massage.

17. Give an account on contrast bath.

18. Write short notes on Lordosis and Scoliosis.

19. Elaborate the standards of standing posture.

20. Give an account on passive and active rehabilitation exercises.

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Narrate the drawbacks and causes of bad posture.

22. Explain the normal curve of the spine & its utility and deviation in posture.

23. Elaborate the PNF techniques and principles.

24. Describe the classification of the manipulation used in massage and their specific uses in the human body.

25. Write an essay on Cryotherapy and Hydrotherapy.

———————

R–3110

Sub. Code
811401

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

COMMUNICATION TECHNOLOGY

(CBCS – 2015 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. What is communication?

2. Mention any two communication barriers.

3. What is software?

4. Write any two uses of computer.

5. Expand of MS word.

6. Mention the uses of MS Access in Physical Education.

7. What is co-operative learning?

8. What is project based learning?

9. Mention any two advantage of web based learning.

10. Write the full form of e-learning.

11. Mention any two uses of MS power point.

12. State any two scope of ICT.

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. List down the challenges in integrating ICT in Physical Education.

14. What are viruses in computer and explain its management.

15. Narrate the main features and uses of MS excel in Physical Education.

16. Write short notes on collaborative learning.

17. Elaborate the uses of web based learning.

18. Write short notes on ICT in Education.

19. How will you prepare MS power point slides with multimedia effects?

20. Briefly discuss the approaches to integrating ICT in teaching learning process.

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Elaborate the communicative skills of English in detail.

22. Explain the types and functions of computer networks internet and its applications.

23. Narrate the main features and uses of MS word in Physical Education.

24. Discuss the ICT and constructivism in detail.

25. Write an essay on role of e-learning in Physical Education.

———————

R–3111

Sub. Code
811402

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

SPORTS PSYCHOLOGY

(CBCS – 2015 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 2 = 20)

Answer **any ten** questions.

All questions carry equal marks.

1. Define personality.
2. State the meaning of sports psychology.
3. What is aggression?
4. Define anxiety.
5. Write the meaning of goal setting?
6. Mention the advantage of goal setting.
7. Mention any two types of leadership.
8. State the meaning of sports sociology.
9. Write the meaning of group.
10. What is group cohesion?
11. State the meaning of leadership.
12. Define self concept

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain the need and importance of sports psychology.

14. Define stress and explain the methods of measuring stress.

15. Write short notes on goal setting in sports.

16. Narrate the influences of fans and spectators in sports performance.

17. Discuss the current problems in sports and future directions.

18. Describe the way and means to measure the personality on sports performance.

19. How 'national integration through sports' is possible.

20. Write short notes on group dynamics.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Narrate the basic considerations in motor learning in detail.

22. List down the types of achievement motivation and explain the methods of measuring achievement motivation.

23. Explain the need and importance of goal setting in sports.

24. Write an essay on sports sociology and its impact on sports performance.

25. Elaborate the concept of 'women in sports' in detail.

———————

R–3112

Sub. Code
811508

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

EDUCATION TECHNOLOGY IN PHYSICAL EDUCATION

(CBCS – 2015 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. State the meaning of instructional technology.

2. What is programmed learning stage?

3. What is content analysis?

4. What is an instructional strategy?

5. Mention any two stages of development of instructional design.

6. What is instructional design?

7. Mention any two importances of audio-visual media.

8. Write any two uses of CCTV.

9. What is laser disk?

10. What is teleconferencing means?

11. State the meaning of communication.

12. Expansion of ET.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the nature and scope of educational technology.

14. Discuss the effectiveness of communication in instructional system.

15. Elaborate the models for development of self learning material.

16. Narrate the use of television in instruction and training.

17. Elaborate the recent experiments in the third world countries.

18. Write short notes on media application stage.

19. Briefly describe the task analysis and evaluation strategies.

20. Explain the procedure and organization of teleconferencing in schools.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Elaborate the forms of educational technology.

22. Write an essay on systems approach to education and its components.

23. Narrate the process and stages of development of instructional design.

24. Discuss the criteria for selection of instructional units.

25. Explain the recent trends of research in educational technology.

———————

R–3293

Sub. Code
811101

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

First Semester

Physical Education

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Hypothesis.
2. What is research?
3. What is action research?
4. What is secondary data?
5. Define variable.
6. What is Research Problem?
7. What is a research design?
8. Define population.
9. List down the types of sampling.

10. Define bibliography.

11. Define footnote.

12. Explain meaning of internal criticism.

Section B $(5 \times 5 = 25)$

Answer any **five** questions.

All questions carry equal marks.

13. What are null and alternative hypothesis? Explain.

14. Explain the merits and demerits of different methods of collecting primary data.

15. Briefly explain the repeated measure design.

16. What is sampling? Explain its main merits and demerits.

17. Explain the method of systematic sampling.

18. Distinguish between probability and non-probability sampling.

19. Briefly explain the format of writing the bibliography in dissertation.

20. Distinguish between null and alternative hypothesis.

Section C $(3 \times 10 = 30)$

Answer any **three** questions.

All questions carry equal marks.

21. Discuss the need, nature and scope of research in Physical Education.

22. Briefly explain the steps in historical research.

23. Describe the steps involved in sampling design.

24. Describe the different types of experimental research design.

25. Explain the mechanics of writing research report.

———————

R–3294	Sub. Code 811102

M.P.Ed. DEGREE EXAMINATION, APRIL 2019.

First Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define the term exercise Physiology.
2. What is Neuron?
3. What is cardiac output?
4. What you mean by cardiac hypertrophy?
5. What you mean by anaerobic threshold?
6. Write note on Tidal volume.
7. Define ventilation.
8. Define ATP.
9. What you mean by High altitude?
10. Define Humidity.
11. What is Ergogenic Aids?
12. Define Hormone.

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain how exercise training modifies muscle fibers and fiber types.

14. Describe the primary function of the neuromuscular junction.

15. Briefly describe the conduction system of the heart.

16. Briefly explain the exchanges of gases in the lungs.

17. Explain the electrolyte imbalance.

18. Discuss the aerobic metabolism.

19. Briefly explain the exercise capacity at high altitudes.

20. Briefly explain the sports performance in cool climate.

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Draw and label skeletal muscle fibers and explain the sliding filament theory of muscular contraction.

22. Write note on followings :

    (a) Blood supply to the heart

    (b) Cardiac cycle.

23. Describe the mechanism of breathing and explain the effect of exercise and training on respiratory system.

24. Briefly discuss the interaction of anaerobic versus aerobic ATP production during rest and exercise.

25. Briefly describe the hormonal changes during exercise.

R–3295

Sub. Code
811103

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

First Semester

Physical Education

YOGIC SCIENCES

(CBCS – 2018 onwards)

Time : 3 Hours Maximum : 75 Marks

Section A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define the term Yoga.
2. What is Niyama?
3. Define the term Asanas.
4. What you mean by Koshas?
5. What you mean by Bandha?
6. Define the term Kiriyas.
7. Define Meditation.
8. What you mean by Mudras?
9. What you mean by Yoga thraphy?
10. Define Health.
11. What is Anxiety?
12. Define Physiology.

Section B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Briefly describe the yogic principles in breathing.

14. Enumerate about the preparatory asanas.

15. Briefly describe the technique and benefits of Jalendra Bandha.

16. Explain the benefits and techniques of samyukta hastam.

17. How the yoga supplemental exercise?

18. Discuss the effect of yogic practice on digestive system.

19. Briefly explain the role of yoga in sports.

20. Briefly explain the prathyahara.

Section C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Enumerate about the origin, History and Evaluation of yoga in India.

22. Describe the techniques and benefits of surya namaskar.

23. Discuss in detail about the benefits and techniques of Bandhas.

24. Briefly describe the types and benefits of Meditation.

25. Explain the effects of yoga on endocrine system.

———————