

R-3099

Sub. Code

721201

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

YOGA EDUCATION

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define bhari kumbhaka
2. Define asana.
3. Define yoga sutra.
4. Describe mudra.
5. List down two relaxative asana.
6. Draw stick figure of any four types of asana.
7. Explain the term rechaka.
8. List down any four twisting asana.
9. List down four organs in your body that are benefited by yogic practices.
10. What is the meaning of karma yoga?

11. Draw stick figure of any four asana.
12. What is the meaning of dhyana?

Part B (5 × 5 = 25)

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

All questions carry equal marks.

13. Explain the need and importance of yoga in physical education.
14. Briefly explain astanga yoga.
15. Explain the application of bandhas in pranayama
16. Discuss the difference exercises in trataka
17. Explain application of action and applied research in the field of yoga.
18. Write an account on yoga education centres in India and abroad.
19. Discuss the difference between yogic practices and physical education.
20. Define asana and write the benefits of asana on various systems of human body.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Write down the aims and objectives of yoga and discuss yoga in early Upanishads.
22. Explain different schools of yoga and explain how they differ from each other?

23. Define pranayama .Write the effects of pranayama.
 24. Define kriya and explain various types of kriyas along with their benefits.
 25. What are the different types of diet? In what ways do they influence the life style and gunas.
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R-3100

Sub. Code

721202

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

**EDUCATIONAL TECHNOLOGY AND METHODS OF
TEACHING IN PHYSICAL EDUCATION**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Meaning of education technology.
2. Write the importance of devices.
3. Short note on command.
4. Brief note on imitation method.
5. Define teaching aids.
6. What is mean by simulation teaching?
7. Write any two teaching aids.
8. Short note on lesson plan.
9. What is mean by lesson plan?
10. Write any two electronic gauges.
11. Short note on video conferencing.
12. Write the use of wind gauge.

Part B**(5 × 5 = 25)**Answer any **five** questions.

All questions carry equal marks.

13. Describe the methods of teaching.
14. Explain different methods of teaching.
15. Explain different types of command.
16. Explain the important of teaching aids.
17. Explain the types of simulation teaching.
18. Explain the types of micro teaching.
19. How to use technology to promote physical activity?
20. Write about photo finishing.

Part C**(3 × 10 = 30)**Answer any **three** questions.

All questions carry equal marks.

21. Explain the meaning and types of education.
22. Describe personal and technical preparation.
23. Important criterias for selecting the teaching aids.
24. Write a model specific lesson plan for X standard.
25. Explain the emerging technology and its application in physical education.

R-3101

Sub. Code

721203

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

Second Semester

Physical Education

**HEALTH EDUCATION AND ENVIRONMENTAL
STUDIES**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Health Education.
2. Aim of health service.
3. Define Obesity.
4. Write about environmental sanitation.
5. Define First Aid.
6. Meaning of Environmental Science.
7. What is the scope of environmental science?
8. Short note on Plastic Recycling.
9. What is about noise pollution?

10. Write about Air Pollution.
11. What is the importance of health service?
12. Short note on Health Appraisal.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain various determinants of health.
14. Explain the principle of Health Education.
15. Write about communicable disease.
16. Explain the historical background of Environmental Education.
17. Briefly explain the plastic recycling.
18. Describe the roll of school in environmental conservation.
19. Explain the effect of soil and thermal pollution.
20. Explain sustainable development of school environment.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain the concept and various determinants of health in details.
22. Discuss the current health statistics in India and world in detail.

23. Explain the role of school in environmental conservation and its developments.
 24. Describe the natural resources and related environmental issues.
 25. Explain the need and importance of school health service.
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R-3102

Sub. Code

721502

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,
FITNESS, WELLNESS, SPORTS NUTRITION AND
WEIGHT MANAGEMENT**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define fitness.
2. What is meant by physical activity?
3. What is aerobic?
4. How does measure heart rate zone?
5. What is set?
6. Define exercise.
7. What is micro nutrition?
8. Expands BMI.
9. What is a chronic disease?

10. Define calories.
11. List down the issues in physical education.
12. Define safety education.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the aims of fitness.
14. Briefly explain the benefit of health.
15. Briefly discuss the anaerobic exercise.
16. Discuss the concept of free weight and machine.
17. Role of hydration during exercise-justify
18. Explain the cause and solution of obesity.
19. Discuss the common myths about weight loss.
20. Briefly explain the safety management technique.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. List down components of fitness and explain the anyone.
22. Explain the concept of designing different fitness training program for different age group.
23. Discuss the classification and its formation of nutrition.
24. Role of diet and exercise in weight management -justify
25. Explain the importance of safety education for physical education.

R-3103

Sub. Code

721401

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

**MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION**

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Write the aim of JCR test.
2. Write the measurement of McDonald Soccer test.
3. Define Skill test.
4. What is Criteria of good test?
5. Write number of test items in the AAPHER Health Related Fitness test.
6. Define Administration of the test.
7. What do you mean by Body Composition?
8. Dynamometer is used for measuring.
9. Define Posture.
10. Vital capacity is calculated by using?
11. Write the Purpose of Skin fold Caliber.
12. Point out the any three football skills test names.

Part B

(5 × 5 = 25)

Answer any FIVE questions.

13. List out the principles of measurement and evaluation.
14. What are the basic principles of test construction?
15. Explain objective and subjective test.
16. Explain the Kraus weber minimum muscular Fitness test.
17. Explain the AAHPER youth fitness test.
18. Briefly explain Johnson and Johnson test.
19. Explain the Foot Print angle test.
20. Explain the S.A.I volleyball test and its functions.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Explain the criteria for selecting a good test.
22. Explain the Standard and Teacher Made test.
23. Explain the procedure to be considered for the administration of test.
24. Explain the McDonald soccer test and JCR test.
25. Explain the U.S. Army test.

R-3104

Sub. Code

721402

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

KINESIOLOGY AND BIOMECHANICS

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define biomechanics.
2. Write the nature of kinesiology.
3. Define All or None Law.
4. Write the meaning of angle of pull.
5. Define force.
6. Explain two types of motion.
7. What is displacement?
8. Define velocity.
9. Explain mass.
10. List down the fundamental movements.

11. Define acceleration.
12. Explain importance of centre of gravity.

Section B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the importance of biomechanics in physical education and sports.
14. Explain the functional classification of muscles.
15. List down the fundamental movements and explain any four of them.
16. Explain the factors influencing force.
17. Write down the factors influencing projectile.
18. Explain friction and its importance in sports.
19. Write the guiding principles of stability.
20. Write down the mechanical principles involved in any one technique from game of your choice.

Section C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Describe the types of posture and importance of good posture.
22. Explain Newton's laws of motion in relation to sports and games.

23. Explain leverage along with mechanical advantages.
 24. Discuss the Biomechanical characteristics of Walking-Gait
 25. Define joint and how are they Classification. Support your answer with suitable examples and diagram.
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R-3105

Sub. Code

721403

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

**RESEARCH AND STATISTICS IN PHYSICAL
EDUCATION**

(CBCS – 2015 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. What is Limitation?
3. What is Raw score?
4. What do you mean by sample?
5. What is range of possible correlations?
6. What is central tendency?
7. Find out the mode value.
9, 8, 7, 10, 9, 11, 12, 8, 9
8. Write the formula of mean, median, mode for ungrouped data.
9. What is Methodology?
10. Define research.

11. Write down types of Statistics.
12. What is Research design?

Section B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write the significance of Research proposal.
14. Write the formulation of Research Problem.
15. Explain the types of Data in statistics.
16. Explain the literature sources and library reading.
17. Explain the continuous and Discrete series.
18. Describe the Frequency Polygon.
19. Find out mean and median : 56, 68, 72, 48, 53, 77.
20. Write the Research Design.

Section C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain Need and Importance of statistics in Physical education.
22. Calculate the mean, median and mode from the following data :

C.I.	120-129	110-119	100-109	90-99	80-89	70-79
F	2	4	10	8	12	18
C.I.	60-69	50-59	40-49	30-39	20-29	
F	14	12	5	4	1	

23. Explain the measures of variability.
 24. Explain the Types of Statistics.
 25. Explain the importance of percentile and Standard deviation.
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R-3106

Sub. Code

721504

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Fourth Semester

Physical Education

**THEORY OF SPORTS AND GAMES AND OFFICIATING
AND COACHING**

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Write short notes on coaching.
2. Mention the responsibilities of a coach on the field.
3. Give an account on integrity of sports.
4. Differentiate violation from foul in the sports and games.
5. Write down the specifications of relay baton.
6. State the purpose of take off line in long jump competition.
7. Define “yoga”.
8. List down the equipments required to conduct pole vault completion.
9. What do you understand about the term ‘lona’ in Kabaddi?

10. Mention the fundamental techniques in Basketball.
11. What do you mean by lend up games?
12. Name any two international governing bodies in game of your choice.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Comment on duties of a coach before the competition.
14. Explain the eligibility rules to participate in the inter collegiate and inter university tournaments.
15. How will you prepare TA and DA bills for inter collegiate tournament participation?
16. Describe the “tie breaking procedure for first place in Hamer throw competition.
17. Explain the scoring procedure in the game of Tennis.
18. Discuss the safety measure of play ground.
19. Narrate the importance of wamp up and Warm down in sports.
20. Explain different signals in officiating the volleyball match.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Analyse the principles of officiating and coaching.
22. Explain the qualities and qualification of coach and official.

23. Draw a neat diagram of discuss throw circle and sector with correct specifications.
 24. List down and explain officials required to conduct an athletic meet at university level and their duties.
 25. Explain different stages of teaching triple jump.
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R-3287

Sub. Code

721101

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

First Semester

Physical Education

**HISTORY PRINCIPLES AND FOUNDATION OF
PHYSICAL EDUCATION**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. What do you mean by physical education?
2. List down YMCA contribute of physical education.
3. Define 'IDEALISM'.
4. Define fitness and wellness.
5. What do you mean by IQ?
6. What do you mean by learning?
7. Define Athletic heart.
8. List down two important points in Greece physical education.
9. What do you mean by feedback?

10. List down emotional factors.
11. Expand YMCA.
12. Short note on Realism.

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Write physical education in India.
14. Write the contribution of sports through sports authority of India.
15. Explain the difference between physical cultural and physical training.
16. Explain athlete heart.
17. Write the significance of national integration through sports.
18. Write the different types of social group dynamics.
19. Explain the learning curves.
20. Explain the individual differences.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the contribution of sports through sports authority of Tamil Nadu.
22. Short notes on PGDFM and NIS.
23. Explain the aim and objectives of physical education.
24. Physical education is a art and science-elicited.
25. Explain the somato type classification according to Kretschmer.

R-3288

Sub. Code

721102

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

First Semester

Physical Education

**ANATOMY, PHYSIOLOGY, SPORTS MEDICINE,
PHYSIOTHERAPY AND REHABILITATION.**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **TEN** questions.

1. What do you mean by 'Anatomy'?
2. List down different name of joints?
3. Define 'physiology'?
4. List down any two important gland of digestive system?
5. List down types of fractures?
6. Define 'Doping'?
7. Define 'Hydrotherapy'?
8. What you mean by 'First aid'?
9. List down different kind of 'massage'?
10. List down dope test?
11. Define message.
12. Short note on Rehabilitation.

Part B**(5 × 5 = 25)**

Answer any FIVE questions

13. Brief introduction about sports medicine?
14. What are the guiding principles of physiotherapy?
15. Briefly explain skeletal system?
16. Briefly explain aims and objectives of sports medicine?
17. What are the sign and symptoms of sports injuries?
18. Short notes on the following
 - (a) whirlpool
 - (b) ultra sound
19. Short notes on the following
 - (a) Infrared
 - (b) Shortwave diathermy
20. List down different types athletic bandage?

Part C**(3 × 10 = 30)**Answer any **three** questions.

21. Explain first aid and rehabilitation of complicated fracture?
22. Explain different form of hydrotherapy?

23. Draw a neat diagram of cardio respiratory system and give brief explain?
 24. Discuss sports doping?
 25. Explain need and importance of physiotherapy and rehabilitation?
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R-3289

Sub. Code

721103

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

First Semester

Physical Education

**ORGANIZATION, ADMINISTRATION AND SPORTS
MANAGEMENT**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. What do you mean by organization?
2. What do you mean by sports management?
3. Write down important equipments for indoor stadium.
4. Define budget.
5. What do you execute on knock out tournaments?
6. List down the decathlon events.
7. List down camp officials.
8. What do you mean by extramural tournaments?
9. Write down two important responsibilities of physical education teachers.

10. Give the important parts to draw time table for physical education.
11. Define program planning.
12. Short notes on byes.

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Briefly explains essential skill of sports management.
14. Briefly discuss important principles of program planning.
15. List down the name of records of physical education teacher.
16. What are the criteria to making good budget?
17. Write down care and maintenance of swimming pool.
18. Discuss sports management system of collegiate level.
19. Briefly explain types of tournament.
20. Briefly explain, types of supervision.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain leadership qualities.
22. List down camp activities and explain camp fire programme.

23. Draw a fixture for 55 team for knock - out tournament?
 24. Draw a budget for one year's annual programme of physical education.
 25. Discuss physical education and sports in India.
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R-3290

Sub. Code

721501

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

First Semester

Physical Education

OLYMPIC MOVEMENT

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer any **ten** questions.

1. Write about philosophy of Olympic movement.
2. Write down cultural values of Olympic movement.
3. Write Olympic 'motto'.
4. List down the Olympic rings of continent contains.
5. When and where the Paralympics started on first time?
6. What do you mean by unity Olympics?
7. Write down the name of the chairman of India national Olympic committee.
8. How many days Olympic schedule?
9. Next Olympic when and where to be held.

10. How many countries are participated in last Olympic game?
11. Short note on Olympic flag.
12. Write any two Olympic medal winners in India.

Section B

(5 × 5 = 25)

Answer any **five** questions

13. Briefly explain education values of Olympic movement.
14. Write down signification stages in the modern Olympic.
15. Short notes on the following
 - (a) Modern Olympic
 - (b) Para Olympic
 - (c) Special Olympic.
16. What are the significant of Olympic ideals?
17. Write about youth Olympic games.
18. Write down the role of Olympic Movement.
19. Write down Olympic village.
20. Discuss duties and responsibilities of Olympic committee.

Section C

(3 × 10 = 30)

Answer any **three** questions.

21. Explain educating in cultural values of Olympic.
22. Explain modern Olympic.
23. Explain spring and Para Olympic.
24. Draw a structure and function of national Olympic.
25. Explain opening ceremony of protocol.

R-3291

Sub. Code

721301

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Third Semester

Physical Education

SPORTS TRAINING

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Explain the meaning of high performance.
2. Define sports training and write down its meaning.
3. List down four coordinative abilities.
4. Define flexibility.
5. What is PNF?
6. Write down the symptoms of load.
7. Explain the meaning of volume of stimulus.
8. What is adaptation?
9. Define tactical training.
10. Define the term macro cycle.
11. What is built up competition?
12. List down four special equipment for sports training.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Describe the system of sports training.
14. Explain the aims and characteristics of sports training.
15. Define speed. Briefly explain the methods of developing speed ability.
16. Explain the means and methods of developing strength ability.
17. Explain the technique and write the characteristics of first stage of technique training.
18. What is strategy? Explain any one offensive and defensive tactic from game of your choice.
19. What is talent identification and development?
20. Write a brief note on term short term planning.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Discuss the principles of sports training.
22. Describe the method of developing endurance ability.
23. Write down the types of load, symptoms of load and principles of intensity and volume.
24. Explain types of periodization and their contents.
25. Explain a model training plan with facilities for instruction and training equipment for practice.

R-3292

Sub. Code

721303

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(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 Heredity.
2. Define sports psychology.
3. What is negative transfer of training?
4. Define motivation.
5. What is self talk?
6. Define anxiety?
7. Explain custom with example.
8. Define socialization.
9. What is the meaning of interview?
10. Define learning

11. Explain the meaning of personality?
12. What is the meaning of aggressiveness in sports?

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write down the importance and scope of sports psychology.
14. Explain the learning curve and the causes of plateau.
15. Discuss the factors influencing motivation.
16. Explain the types of stress and their effects on sports performance.
17. Write down any one theories of learning and their implication on learning.
18. What is the relationship between custom, tradition and physical education?
19. Write down the motivational techniques and their impact on sports performance.
20. Describe psycho-sociological aspects of human behaviour in relation to physical education.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Write down the types of individual difference and factors responsible for heredity and environment.
22. List down mental preparation strategies and explain any two methods in detail.

23. Write a note on “social group life and socialisation through physical education”.
 24. Write down the importance of culture and any one methods of studying culture.
 25. Explain the basic consideration on motor learning and performance.
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R-3334

Sub. Code

721502

B.P.Ed. DEGREE EXAMINATION, APRIL 2019

Second Semester

Physical Education

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION :
FITNESS, WELLNESS, SPORTS NUTRITION AND
WEIGHT MANAGEMENT**

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Wellness.
2. State components of fitness.
3. Mention a few aerobic exercises.
4. Differentiate intensity from density of training load.
5. State different vitamins.
6. What do you know about “Sports Nutrition”?
7. Write down the formula to access Body Mass Index.
8. Give an account on “Obesity”.
9. Write short notes on Caloric intake.

10. Define safety education.
11. Write down the types of flexibility.
12. Differentiate fitness from wellness.

Section B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain the scopes of fitness and wellness.
14. Narrate the health benefits of physical activity.
15. Comment on anaerobic exercises.
16. Illustrate the heartrate zones for exercises.
17. Explain the role of fat in sports nutrition.
18. Describe the concept of hydration and dehydration.
19. Trace out the causes for obesity.
20. Explain the importance of safety education in physical education.

Section C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Define physical fitness. Explain the components of fitness.
22. Design a fitness training program for middle aged men.

23. Analyse the importance of nutrition in sports.
 24. Explain different health risk factors associated with obesity.
 25. List out and explain different issues and challenges in the field of physical education.
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