

R-5005

Sub. Code

811101

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

First Semester

Physical Education

**RESEARCH PROCESS IN PHYSICAL EDUCATION AND
SPORTS SCIENCES**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions.

1. Scope of research.
2. Type of hypothesis.
3. Define survey study.
4. Define primary data.
5. Short note on historical research.
6. Define variables.
7. Short note on reverse group design.
8. Define sample.
9. Short note on probability.
10. Short note on front materials.
11. Short note on abstract.
12. Short note on bibliography.

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

13. How to locate a research problem?
14. Explain the qualities of good research.
15. Describe the philosophical research.
16. Explain internal and external criticism.
17. Write any two experimental designs.
18. Explain the note probability methods.
19. Short note on reviews of literature.
20. Explain the ethical issues in research

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

21. Explain the criteria for selection of a research problem.
22. Explain the various sources of historical research.
23. Explain the need and importance of experimental design.
24. Narrate the different types of sampling.
25. Explain the method of writing research problem.

R-5006

Sub. Code

811102

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

First Semester

Physical Education

PHYSIOLOGY OF EXERCISES

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define physiology.
2. Give an example for involuntary muscle.
3. Define motor unit.
4. Define equilibrium.
5. Short note on kinesthetics.
6. Define blood pressure.
7. Composition of blood.
8. Short note on oxygen dept.
9. Minute ventilation.
10. Dead space.
11. What is mean by metabolism?
12. Explain PC.

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

13. Explain the importance of exercises physiology.
14. Narrate skeletal muscle response to exercise.
15. Explain the digestive system.
16. Explain the muscular functions.
17. Effect of exercises on Low BP.
18. Explain the lung capacities.
19. Short notes on alveolar ventilation.
20. Explain the short duration high intensity exercises.

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

21. Explain sliding filament theory of muscular contraction.
 22. Describe the effect of exercises on circulation system.
 23. Explain the effect of exercises on blood pressure.
 24. Explain the ventilation during exercise and rest.
 25. Explain the aerobic and anaerobic system during rest and exercises.
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R-5007

Sub. Code

811103

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

First Semester

Physical Education

YOGIC SCIENCES

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define yoga.
2. Short note on dharana.
3. Short note on sun bathing.
4. Define pranayama.
5. Write any two benefits of asanas.
6. What is mean by shat kriyas?
7. Short note on dhauti.
8. What is mean by mudras?
9. Write the benefits of meditation.
10. Write any two mudras.
11. What is meaning by power yoga?
12. Short note on mental welbeing.

Part B

(5 × 5 = 25)

Answer any **five** questions

13. Explain the history and development of yoga.
14. Explain the different methods of teaching yoga.
15. Explain the types and benefits of nadis.
16. Explain the concept of trigunas.
17. Explain the techniques of jalandra bandha.
18. Explain the benefits of maha bandha.
19. Short note on yogic diet.
20. Explain the roll of yoga in sport.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Explain the Pathanjali's yoga sutra in derail.
22. Explain the techniques and benefits of surya namasker.
23. Explain the techniques and benefits of shat kriyas.
24. Describe the various types and techniques of mudras.
25. Explain the role of yoga in psychological preparation of an athlete.

R-5008

Sub. Code

811104

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

First Semester

Physical Education

**TEST MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define measurement.
2. Define validity.
3. Define motor fitness.
4. Test items in JCR.
5. Write any test to asses muscular fitness
6. Expended AAHPERD.
7. Define physical fitness.
8. Write any two test to asses cardio vascular endurance.
9. What is mean by aerobic test?
10. Write any test to asses badminton.

11. What Cooper's test will assess?
12. Write any test to assess volleyball.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Explain the need and importance of evaluation.
14. Explain the administrative considerations while testing.
15. Explain the barrow motor fitness test.
16. Explain Kraus Weber test.
17. Explain Harvard step test.
18. Write Bruce treadmill test.
19. Explain the method of measuring height.
20. Explain Mc. Donald soccer test.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Explain the criteria for selecting a good test.
 22. Explain the Oregon motor fitness test for boys and girls.
 23. Explain the Rogers physical fitness index.
 24. Write the method of measuring various skin folds.
 25. Explain Johnson basketball ability test.
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R-5009

Sub. Code

811501

M.PED. DEGREE EXAMINATION, APRIL 2021

First Semester

Physical Education

SPORTS TECHNOLOGY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Sports Technology.
2. Instrumentation.
3. Adhesives.
4. Neoprene.
5. Playing equipment.
6. Artificial turf.
7. Synthetic material.
8. Advantages of protective equipment.
9. Ball feeder.
10. Measuring.
11. Cell foams.
12. Styrofoam.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. State the general principles of sports technology.
14. Brief about shape memory alloy.
15. Explain the construction and installation of sports surfaces.
16. Brief about the technology in manufacture of modern play equipments.
17. State the types of measuring equipments and its advantages.
18. Brief about high-density modeling foam.
19. Explain the mechanism of training gadgets.
20. Brief about video coverage.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Describe the workflow of instrumentation and business aspects.
22. Brief about foot wear production.
23. Explain the modern technology in construction of indoor and outdoor facilities.
24. Explain the use of nano technology in sports equipment.
25. Elaborate about lighting facilities and its method.

R-4776

Sub. Code

811201

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

Second Semester

**APPLIED STATISTICS IN PHYSICAL EDUCATION AND
SPORTS**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define sampling.
2. Define Population.
3. Define Mode.
4. Define Median.
5. Define Mean deviation.
6. Define Probable error.
7. Define Z-Scale.
8. Define Kurtosis.
9. Write about independent t' test.
10. Define Correlation.
11. Write short notes on Non Parametric.
12. What is hypothesis?

Part B $(5 \times 5 = 25)$ Answer any **five** questions.

13. Write the types of statistics.
14. Brief about variables.
15. Compute the mean and median of the given data.
1, 3, 5, 8, 9, 10, 12, 15
16. Prepare the frequency table for the following data.
1, 2, 1, 0, 3, 4, 0, 1, 1, 1, 2, 2, 3, 2, 3, 2, 1, 4, 0, 0
17. Compute the standard deviation of the given data
20, 17, 15, 14, 13, 12, 14, 15, 10.
18. Explain the scoring scale and its advantages.
19. Explain the need and importance of graphical representation in statistics.
20. Differentiated the concept of ANOVA and ANCOVA.

Part C $(3 \times 10 = 30)$ Answer any **three** questions.

21. Explain the need and importance of statistics in physical education.
22. Calculate the values of mean, median and mode for the following frequency distribution:

CI	73-75	70-72	67-69	64-66	61-63	58-60	55-57	52-54	49-51	46-48
Frequency	1	1	2	4	11	10	4	3	3	1

23. Compute the standard deviation of the given data

CI	45-49	40-44	35-39	30-34	25-29	20-24	15-19	10-14	05-09
Frequency	2	3	2	6	8	8	7	5	9

24. Explain the normal probability curve with a diagram and give the applications of normal curve.

25. Calculate the coefficient of correlation

X	65	66	67	67	68	69	70	72
Y	67	68	65	68	72	72	69	71

R-4777

Sub. Code

811202

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

Second Semester

SPORTS BIOMECHANICS AND KINESIOLOGY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define Kinesiology.
2. Define Biomechanics.
3. Write about dynamics.
4. Explain Tennis Elbow.
5. Define Law of inertia.
6. Write about line of gravity.
7. Define Force.
8. Define Law of counter force.
9. Name the ligaments of Hip joint.
10. Define Power.
11. Write about leverage.
12. Types of movements.

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

13. Define Kinematics and explain kinetics.
14. What is the difference between biomechanics and Kinesiology?
15. Explain the origin and insertion of Quadriceps muscles with diagram.
16. Define Force and explain the sources of Force.
17. Explain the Centrifugal and centripetal force with examples.
18. Explain dynamic equilibrium?
19. Explain the guiding principles for stability.
20. Define lever and explain any two classes of lever.

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

21. Explain the factors affecting muscle function.
22. Describe in detail about the wrist joint and its function
23. Describe in detail about Newton's laws of motion.
24. Explain the role and scope of sports bio mechanics in sports.
25. Draw a neat diagram of Triceps and Sartorius muscle and its action.

R-4778

Sub. Code

811203

M.P.Ed. DEGREE EXAMINATION, APRIL 2021

Second Semester

ATHLETIC CARE AND REHABILITATION

(CBCS – 2019 onwards)

Duration : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions.

1. Define Posture.
2. Write about kyphosis.
3. Define massage.
4. What is effleurage massage?
5. Write about hydrotherapy?
6. Define sports injuries?
7. Define posture.
8. Define active exercises.
9. What is corrective physical education exercises?
10. Define rehabilitation.
11. Write about flat foot?
12. Write about manipulation?

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

13. Suggest suitable corrective exercises for Bowleg and Flat Foot.
14. Explain the psychological effect of massage.
15. What is the difference between effleurage and petrissage?
16. Write short notes on
 - (a) Resistive exercises for rehabilitation
 - (b) Stretching exercises for rehabilitation
17. Explain about contrast bath and whirlpool bath
18. Explain about the cold and heat therapy
19. Explain the Values of Good Posture
20. Explain the active and passive rehabilitation exercises.

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

21. Explain in detail about posture and body mechanics.
22. Define massage. Explain the types of massage?
23. Briefly explain the principles pertaining to the prevention of sports injuries.
24. Write in detail about in posture defects and explain the corrective exercises for deformities.
25. What type of stretching is best for the recovery phase?

R-4779

Sub. Code

811504

M.P.Ed DEGREE EXAMINATION, APRIL 2021

Second Semester

**SPORTS MANAGEMENT AND CURRICULUM DESIGNS
IN PHYSICAL EDUCATION**

(CBSC - 2019 onwards)

Time : 3 Hours

Maximum marks: 75

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define sports management.
2. Write objectives of personal management.
3. List the community based physical education programme.
4. Write the various steps in programme development.
5. Write the guide lines for storing the equipments.
6. Write the methods of checking the equipments.
7. Define public relation.
8. Define the curriculum.
9. Define curriculum frame work.
10. Write the uses of internet facilities.

11. Write the objectives of curriculum research.
12. Write the methods of evaluation.

Part B (5 × 5 = 25)

Answer any **Five** questions.

13. Explain the basic principles and procedures of sports management.
14. Briefly explain the role of public relation in sports.
15. Briefly explain the programme development and role of management.
16. What is the community based physical education and sports programme.
17. Write short notes on curriculum research in physical education.
18. What are the factors affecting curriculum development?
19. What are the principles of public relations?
20. Write the aims and objectives of curriculum research.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the function of sports management.
22. What are the guidelines for purchase, selection and supplies of equipments?

23. Explain the significance of public relation and sports.
 24. What are the factors influencing programme development?
 25. Explain the sources of curriculum materials.
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R5556

Sub. Code

811401

M.P.Ed. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Physical Education

**INFORMATION AND COMMUNICATION
TECHNOLOGY (ICT) IN PHYSICAL EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part - A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Differentiate Data and variable views in SPSS.
2. Write down the meaning of the term 'Pedagogy'.
3. Define 'Communication'.
4. Expand the abbreviation for 'PBL'.
5. Expand the abbreviation for 'Swayam'.
6. Write about 'Formula bar' in MS Excel.
7. Write about 'Drag Function' in MS Excel.
8. Write down any two scope of ICT in Evaluation.
9. Write short cut for 'Paste' in MS word.
10. Write short cut for 'Select all' in MS word.

11. Define Visual Training.
12. Define MOOCS.

Part - B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write short notes on communications barriers.
14. Briefly explain types of communication.
15. Briefly explain storage devices.
16. Briefly explain methods of brochure preparation through MS Publisher.
17. Distinguish Collaborative and Cooperative learning.
18. Briefly explain E-Learning and Web based learning.
19. Briefly explain the method of calculating 't' test in MS Excel.
20. Describe the concept of calculating 'r' in MS Excel.

Part - C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain need, importance and scope of ICT in Physical Education.
 22. Enumerate input and output devices in detail.
 23. Explain the ICT integration and advantages in physical education.
 24. Discuss the use of computers in physical education.
 25. Explain the need and importance of E-learning.
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R5557

Sub. Code

811402

M.P.Ed. DEGREE EXAMINATION, APRIL -2021

Fourth Semester

Physical Education

SPORTS PSYCHOLOGY

(CBCS – 2019 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks

1. What is Sports Psychology?
2. Define Personality.
3. Define Anxiety.
4. What is Self-concept?
5. Define Group.
6. Define Goal Setting.
7. What is Sports Achievement Motivation.
8. What is Sports Sociology.
9. Define Leadership.
10. What is Group Dynamics.

11. What is Gender inequalities in Sports?
12. What is Designing.

Part B

(5 × 5 = 25)

Answer any **five** questions

All questions carry equal marks

13. Explain the role and scope of Sports psychology.
14. Describe the effects of personality on sports performance.
15. Define motivation and explain its types.
16. Define self-concept and examine its assessment methods.
17. Write a note on "Mental Toughness".
18. Give an account on "Women in Sports".
19. Write down the advantages and disadvantages of spectators on Sports Performance.
20. Write a note on "Gender inequalities in Sports".

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

21. What are the causes of anxiety? Explain the method of measuring anxiety.
22. Write down the meaning, definition of self-concept and discuss its method of measurement.
23. Define relaxation, its types and explain the methods of psychological relaxation.

24. Distinguish the advantages and disadvantages of fans and spectators on Sports Performance.
 25. Discuss the types of leadership and its impact on Sports Performance.
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R5558

Sub. Code

811403

M.P.Ed. DEGREE EXAMINATION, APRIL -2021

Fourth Semester

Physical Education

**EDUCATIONAL TECHNOLOGY IN PHYSICAL
EDUCATION AND SPORTS**

(CBCS – 2019 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions.

All questions carry equal marks.

1. What is educational technology?
2. Define instructional technology.
3. What is goal setting?
4. List any two modes of communication.
5. What is instructional design?
6. What is self-learning material?
7. Define audio-visual media.
8. Give the expansion of “CCTV”.
9. Define computer-assisted instruction.
10. What is teleconferencing?

11. Long, thin strands of carefully drawn glass about the diameter of a human hair
 - (a) Hypertext
 - (b) optical fiber technology
 - (c) SITE experiment
 - (d) Laser Disk
12. Define computer-assisted instruction.

Part B

(5 × 5 = 25)

Answer **any five** question.

All questions carry equal marks.

13. Describe the scope of educational technology in modern era.
14. Briefly explain the transactional usage of educational technology.
15. Discuss the effectiveness of communication in instructional systems.
16. Write short notes on content analysis.
17. List out the merits of Audio Conferencing.
18. Briefly explain the stages of development of instructional design.
19. Write the uses of Optical Fiber Technology.
20. Explain recent trends in research on Educational Technology.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Describe the different forms of educational technology and its benefits.
 22. Discuss the barriers and the process of communication.
 23. Explain instructional design for competency based teaching.
 24. Explain the use of animation films in teaching physical activities.
 25. List recent innovations in educational technology and explain any one in detail.
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