

R-4765

Sub. Code

7202T1/
7242T1

**B.Sc. (Physical Education)/B.Sc.Yoga DEGREE
EXAMINATION, APRIL 2021**

Second Semester

Tamil II – காப்பிய இலக்கியமும் தமிழ் செம்மொழியும்

(Common for B.Sc. Physical Education/B.Sc. Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

சரியான விடையைத் தேர்ந்தெடுத்து எழுதுக.

1. கோவலர்கள் ஊதும் பண்ணும், தும்பி ஊதும் மலரும் எது?
(அ) காயா (ஆ) முல்லை
(இ) மல்லிகை (ஈ) செண்பகம்
2. ஆதிரையின் கையில் உள்ள பாத்திரத்தின் பெயர்
(அ) அமுத சுரபி (ஆ) காமதேனு
(இ) சிந்தாமணி (ஈ) அகப்பை
3. தசரதனிடம் கைகேயி கேட்டவரங்கள் எத்தனை?
(அ) 5 (ஆ) 4
(இ) 3 (ஈ) 2

4. பொய்த்தவ வேட மணிந்தவனை பாதுகாப்பாக அழைத்துச் சென்றவர் யார்?
 (அ) தத்தன் (ஆ) நாயனார்
 (இ) அரசன் (ஈ) மக்கள்
5. கௌரவர்கள் மொத்தம் எத்தனை பேர்கள்?
 (அ) 200 (ஆ) 150
 (இ) 100 (ஈ) 125
6. பாஞ்சாலி சபதத்தின் ஆசிரியர் யார்?
 (அ) பாரதியார் (ஆ) பாரதிதாசன்
 (இ) நாமக்கல் கவிஞர் (ஈ) கவிமணி
7. 'Classical language' தமிழ்ப்படுத்துக.
 (அ) தனிமொழி
 (ஆ) செம்மொழி
 (இ) இனிமையான மொழி
 (ஈ) சிறப்பு மொழி
8. செம்மொழி என்பதற்கு அம்மொழியில் இடம் பெற்றிருக்கும் முக்கியமான எத்தனை சிறப்புக்கள் தேவையாய் இருக்கிறது?
 (அ) 3 (ஆ) 2
 (இ) 1 (ஈ) 4
9. தொல்காப்பியம் எவ்வகையான நூல்?
 (அ) காப்பிய நூல் (ஆ) மொழி நூல்
 (இ) இலக்கண நூல் (ஈ) இலக்கிய நூல்
10. சீவக சிந்தாமணியின் ஆசிரியர் யார்?
 (அ) திருத்தக்கத்தேவர் (ஆ) இளங்கோ
 (இ) திருவள்ளுவர் (ஈ) பதுமனார்

பகுதி ஆ

(5 × 5 = 25)

அனைத்து வினாக்களுக்கும் விடையளிக்க.

11. (அ) மாலைப் பொழுதின் வருகையை இளங்கோ எவ்வாறு வருணிக்கிறார்?

(அல்லது)

(ஆ) ஆதிரையின் வரலாற்றை காயசண்டிகை வழி விளக்குக.

12. (அ) கைகேயி பாத்திரப் படைப்பை விளக்குக.

(அல்லது)

(ஆ) மெய்ப்பொருள் நாயனாரின் பக்திச் சிறப்பைக் கூறுக.

13. (அ) பாஞ்சாலி சபதத்தின் தனித் தன்மைகளைப் புலப்படுத்துக.

(அல்லது)

(ஆ) துரியோதனின் பண்பு நலன்களை எடுத்தியம்புக.

14. (அ) 'மொழி' குறித்து விளக்கம் தருக.

(அல்லது)

(ஆ) செம்மொழிக்குரியத் தகுதிகள் யாவை?

15. (அ) ஐஞ்சிறு காப்பியங்கள் குறித்து விளக்குக.

(அல்லது)

(ஆ) குறிப்பு வரைக. கம்பராமாயணம், வில்லிபாரதம்.

பகுதி இ

(5 × 8 = 40)

எவையேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. 'இன்பத்தையும், துன்பத்தையும் ஒரு சேரக் காட்டும் உயிரோவியமாக அந்திமாலைச் சிறப்புச் செய்காத விளங்குகிறது'— இக்கூற்றினை ஆய்க.

17. ஆதிரை பிச்சையிட்ட காதையில் இடம் பெறும் செய்திகளைத் தொகுத்துரைக்க.
 18. தசரதன் ஆற்றாத் துன்பத்தை விளக்குக.
 19. துரியோதனின் சூழ்ச்சிக் குறித்து ஆராய்க.
 20. தமிழின் தொன்மைக் குறித்து விவரிக்க.
 21. சிற்றிலக்கியங்களின் தோற்றமும் வளர்ச்சியும் குறித்து கட்டுரை வரைக.
 22. பாரதியின் பாஞ்சாலிசபதம் உணர்த்தும் செய்திகளைத் தொகுத்துரைக்க.
-

R5393

Sub. Code

922CE

ALL U.G., DEGREE EXAMINATION, APRIL –2021

Second Semester

Part-II-COMMUNICATIVE ENGLISH-II

(Common for all UG Programmes)

(CBCS – 2020 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all the** questions.

1. Write two expressions used in accepting a complaint.
2. Write two expressions used when one gently disagrees
3. Suggest few tips to your friend while preparing a welcome speech
4. Combine the sentences using conjunctions given in brackets:
 - (a) You will pass. Work hard. (if)
 - (b) I will call you. I finish my work. (when)
5. What are some tips to make a good presentation?
6. How to overcome the stage fright? write few ideas
7. What should be informed to a person before the meeting begins?
8. Write two expressions To seek clarification.
9. Introduce yourself

10. What skills are expected from an interviewee in any interview?

Part B

(5 × 5 = 25)

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

11. (a) In each of the following sentences, a word or phrase has been underlined. From the choices given, select the closest antonym for it.
- (i) The detectives found the evidence very illuminating.
- (1) delightful
 - (2) unclear
 - (3) too many
 - (4) sad
- (ii) My physics teacher used an interesting experiment to teach us that magnetic like poles repel.
- (1) rebel
 - (2) go away
 - (3) attract
 - (4) mix
- (iii) The plane could not take off at the scheduled time.
- (1) taken in
 - (2) give off
 - (3) give on
 - (4) land

- (iv) The edges of the furniture were smooth.
- (1) rough
 - (2) silky
 - (3) spiky
 - (4) sharp
- (v) The explorer undertook a very arduous journey.
- (1) difficult
 - (2) dangerous
 - (3) easy
 - (4) long

Or

- (b) Write a paragraph on the proverb given, in about 10 lines:

"As you sow, so will you reap"

12. (a) Fill in the blanks with suitable conjunctions --and, or, but, although, till, because, though.
- (i) Prem called out to her to stop, _____ she continued walking.
 - (ii) How does the fruit taste? sweet _____ sour?
 - (iii) Is Rani playing _____ studying?
 - (iv) John _____ David went to the library yesterday.
 - (v) I lost the prize _____ I tried my best

Or

(b) Fill the blanks with the appropriate interjection.

(i) _____ What are you doing there?

(ii) _____ He is dead.

(iii) _____ We have won the game.

(iv) _____ Have they gone?

(v) _____ I got such a fright.

13. (a) What are some Common Barriers for Effective Presentation?

Or

(b) Prepare an effective Power Point Presentation (PPT) for the following topic

Social Media

14. (a) Write expressions for the following that helps you to participate in a meeting both online and offline.

(i) To ask for inputs

(ii) Concluding Remarks

(iii) To Interrupt

(iv) To seek clarification

(v) To add a point

Or

(b) View this picture and offer your comments.



15. (a) Write a letter of application to the Principal of an arts and science college, applying for the post of an Assistant Professor.

Or

- (b) Fix the following nouns in the correct column.

a favour a look someone's temperature
 a phone call nothing money
 taxi an effort your best
 furniture the washing up the dishes
 your hair your time homework

DO HAVA MAKE TAKE

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. (a) Choose the appropriate adverb from the options given:
- (i) The aeroplane landed _____ on the runway. (shyly/safely/delightfully)
 - (ii) The judge told him to answer the questions _____ (truthfully/sleepily/casually)
 - (iii) The cab driver drove _____. I was scared. (gently/recklessly/funnily)
 - (iv) If you want to be fit, eat _____ (greedily/healthily/frugally)
 - (v) Misers save money by living _____. (frugally/lavishly/cheerfully)

- (b) Fill in the blanks with the appropriate word:
- (i) She is _____ the sweetest of the four girls (by chance/by far/by and by)
 - (ii) Of the three businessmen, Suraj is _____ the wealthiest (easier, easiest, easily)
 - (iii) After her parents arranged individual tuition she learnt _____ quickly (a bit more, little, nicely)
 - (iv) You can cook _____ quickly if you have a three-burner stove. (far, far more, far and more)
 - (v) You can make it _____ more interesting with visuals. (a great deal /deal/ great)

17. Prepare a two-minute speech to be given on the following informal occasion.

Teacher's day celebrations

18. For each the words given in bold and underlined in the following sentences identify their equivalent phrases from the list given at the end.
- (a) One of the first things a scholar is taught that is that it is wrong to plagiarise.
 - (b) One of the guiding principles of any kind of writing is to write about the events chronologically.
 - (c) We must realise that however clever or intelligent we may be we are never infallible.
 - (d) That school has a very well equipped gymnasium.
 - (e) We were very lucky to get a chef who was familiar with different kinds of cuisine.
 - (f) Female foeticide has been one of the major issues in our country.
 - (g) King Edward VIII's decision to abdicate the throne has become legendary.

- (h) In the stories by Richmal Crompton, William Brown's father often told him that he was incorrigible.
- (i) The box contained an assortment of chocolates.
- (j) Many spiritual leaders tell us that it is important to introspect.

[Incapable of making mistakes or being wrong,

Professional cook,

To renounce the throne,

Beyond reform,

To pass off another's work as one's own

Remarkable and therefore very famous,

Look inwards to examine one's motives,

A collection of different types of the same thing,

Killing of an unborn child (in the womb),

A room equipped for gymnastics, games and physical exercise,

In the order in which the events occurred]

- 19. Write down the positive and negative connotations for the following words
Youthful, poised, utilize, merry, juvenile, probe. choosy, lean, forceful economic
- 20. Choose the most suitable collocations
 - (a) The mobile phone is faulty / wrong
 - (b) My motorcycle is quite old. So, getting spare/exchange parts is difficult.
 - (c) When you are parking in the parking lot, you should not leave the engine working / running.
 - (d) The fireman had to wear the breathing masks / apparatus while putting out the forest fire.
 - (e) I had to walk six flights of stairs because the lift was out of order/ service.

- (f) Can I ring you again / call you back?
 - (g) Could you please put it into the contract, please? I would like to have it in ink / black and white.
 - (h) The flora and fauna / flowers and animals of this island are unique.
 - (i) The important role of detective / investigative journalism is uncovering corruption.
 - (j) Please do not sing out of tune / off the tune.
-

6. Give the expansion for the word 'COVID'.
7. Choose the correct one-word substitution for the following: Philanthropist, introvert, extrovert, spendthrift, touristsit,
 - (a) One who spends recklessly.
 - (b) One who does not mingle with others
8. Mention the major functions of ISRO.
9. What do you understand by the term 'Psychology'?
10. Give any two social skills required to function as a responsible citizen.

Part B

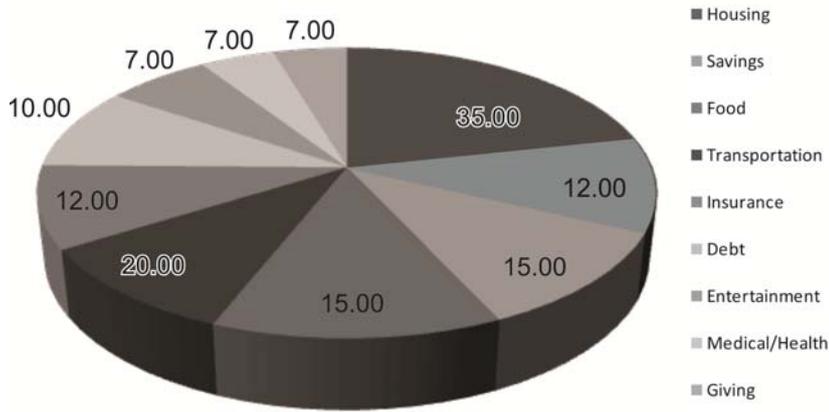
Answer any **five** of the questions. (5 × 5 = 25)

11. Write a short note on "Mobile Addiction".
12. Attempt a paragraph about your reaction on seeing this picture:



13. How will you welcome a chief guest to your college?

14. Prepare a mindmap of various committees for organizing an intercollegiate meet in your college.
15. Explain the following chart in five sentences.



16. Complete the following dialogue:

Amirta: We are going on a trip to Shimla next week,

(a) _____

Raveena: It is not possible for me to join you on this trip.

Amirta: (b) _____?

Raveena: My aunt is coming from the USA.

Amirta: (c) _____?

Raveena: She is coming this very week.

Amirta: (d) _____

Raveena: I will also miss you all a lot.

Amirta: (e) _____

Raveena: Sure, please join for the next trip.

17. Expand the proverb: "A friend in need is a friend indeed".
18. Draw any five emojis and explain their emotions.

Part C

Answer any **three** of the questions: (3 × 10 = 30)

19. Write a paragraph on importance of English in ten sentences.
20. Read the passage and answer the following questions:

It was a cold night in September. The rain was drumming on the car roof as George and Marine Winston drove through the empty country roads towards the house of their friends, the Harrisons, where they were going to attend a party to celebrate the engagement of the Harrison's daughter, Lisa. As they drove, they listened to the local radio station, which was playing classical music.

They were about five miles from their destination when the music on the radio was interrupted by a news announcement:

"The Cheshire police have issued a serious warning after a man escaped from Colford Mental Hospital earlier this evening. The man, John Downey, is a murderer who killed six people before he was captured two years ago. He is described as large, very strong and extremely dangerous. People in the Cheshire area are warned to keep their doors and windows locked, and to call the police immediately if they see anyone acting strangely."

This car is losing power for some reason--it must be that old problem with the carburetor. If it gets any worse, we 'll have to stay at the harrisons' tonight and get it fixed before we travel back tomorrow."

As he spoke, the car began to slow down. George pressed the accelerator, but the engine only coughed. Finally they rolled to a halt, as the engine died completely. Just as they stopped, George pulled the car off the road, and it came to rest under a large tree.

“Well, you ‘ll have to wait while I run to the nearest house and call the Harrisons. Someone can come out and pick us up,”Said George.

“But George! Have you forgotten what the radio said? There’s a homicidal maniac out there! you can’t leave me here alone!”

“You ‘ll have to hide in the back of the car. Lock all the doors and lie on the floor in the back, under this blanket. No one will see you. When i come back, I’ll knock three times on the door. Then you can get up and open it. Don’t open it unless you hear three knocks.” George opened the door and slipped out ht into the rain. He quickly disappeared into the blackness.

Marine quickly locked the doors and settled down under the blanket in the back for a long wait. She was frightened and worried, but she was a strong-minded woman. She had not been waiting long, however, when she heard a strange scratching noise. it seemed to be coming from the roof of the car.

Marine was terrified. She listened, holding her breath. Then she heard three slow knocks, one after the other, also on the roof of the car. Was it her husband? Should she open the door? Then she heard another knock, and another. This was not her husband. It was somebody – or something – else. She was shaking with fear, but she forced herself to lie still. The knocking continued – bump, bump, bump, bump.

Many hours later, as the sun rose, she was still lying there. She had not slept for a moment. The knocking had never stopped, all night long. She did not know what to do. Where was George? Why had he not come for her?

Suddenly, she heard the sound of three or four vehicles, racing quickly down the road. All of them pulled up around her, their tires screeching on the road. At last! Someone had come! Marie Sat up quickly and looked out of the window.

The three vehicle were all police cars, and two still had their lights flashing. Several policemen leaped out. One of them rushed towards the car as Marie opened the door. He took her by the hand.

“Get out of the car and walk with me to the police vehicle, Miss. You’re safe now. Look straight ahead. Keep looking at the police car. Don’t look back. Just don’t look back.”

Something in the way he spoke filled Marie with cold horror. She could not help herself. About ten yards front he police car, she stopped, turned and looked back at the empty vehicle.

George was hanging from the tree above the car, a rope tied around his neck. As the wind blew his body back and forth, his feet were bumping gently on the roof of the car-bump, bump, bump, bump.

Credits: Story: MDH1994 – from a common urban legend Audio version performed by Peter Polgar.

Answer the questions in a sentence or two:

- (a) Where were the Winstons going when this incident happened?
 - (b) What was the reason for the news announcement on the radio?
 - (c) What did George think was causing the trouble with the car?
 - (d) Why did he pull the car off the road?
 - (e) Why did Marie stay in the car when George left?
21. Write a passage in 200 words about the freedom struggle and the sacrifice made by some leaders.
22. Write a story based on the hints given below:
A rich farmer-lot of land-cattle and servants-two sons-happy life-After some years younger son unhappy-asked for his share of the property-wouldn't listen to father's advice-got his share-sold them all-went away to another country-fell into bad ways-soon all money gone-poor-no one to help him-understood his mistake.

23. Develop a story based on the following picture in 200 words:



R-4767

Sub. Code

720203

B.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(CBCS - 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The study of the structure of human body is
 - (a) Anatomy
 - (b) Physiology
 - (c) Osteology
 - (d) Myology
2. The Power house of the cell is called as
 - (a) Cytoplasm
 - (b) Chromosomes
 - (c) Nucleus
 - (d) Mitochondria
3. The longest bone in our human body is
 - (a) Radius
 - (b) Ulna
 - (c) Femur
 - (d) Mitochondria

4. The muscles are attached to the bones in called as
 - (a) Skeletal Muscles
 - (b) Cardiac muscles
 - (c) Smooth muscles
 - (d) Involuntary muscles
5. Which carries pure blood away from the heart?
 - (a) Bronchi
 - (b) Lungs
 - (c) Arteries
 - (d) Veins
6. The average total lung capacity of an adult human male is
 - (a) 5 liters
 - (b) 6 liters
 - (c) 4 liters
 - (d) 7 liters
7. The fundamental unit of the nervous system is
 - (a) Neuron
 - (b) Cell
 - (c) Nucleus
 - (d) Synapse
8. Which is not a part of brain?
 - (a) Cerebrum
 - (b) Pupil
 - (c) Cortex
 - (d) Brain steam

9. The length of the digestive tract in human is
- (a) 7m
 - (b) 10 m
 - (c) 12m
 - (d) 15 m
10. The weight of the kidney for adult men is
- (a) 110 to 125 grams
 - (b) 100 to 120 grams
 - (c) 130 to 180 grams
 - (d) 125 to 170 grams

Part B**(5 × 5 = 25)**

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

11. (a) Define Anatomy and explain the structure of cell.

Or

- (b) Explain the types of tissues.

12. (a) Explain the types of bones.

Or

- (b) State that the general characteristic of muscle.

13. (a) Draw the diagram of heart and its functions.

Or

- (b) Write about the functions of respiratory system.

14. (a) Explain the structure and functions of brain

Or

- (b) Explain the structure and functions of skin.

15. (a) What are the accessory organs and their functions?

Or

(b) Explain about the formation of urine.

Part C

(5 × 8 = 40)

Answer any **Five** questions.

16. Describe the need and importance of anatomy and physiology.
17. Define Joints and explain the structure and classification of joints.
18. Explain in detail about the mechanism of respiration.
19. Explicate the structure and functions of endocrine glands.
20. Illustrate the structure and functions of kidney.
21. Describe the structure and functions of bone.
22. Elucidate about the circulation of blood.

R-4768

Sub. Code

720204

B.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Physical Education

**THEORIES OF SPORTS AND GAMES – I (BASKET
BALL, HAND BALL, FOOT BALL, HOCKEY AND
VOLLEYBALL)**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. FIFA was founded in
(a) 1904 (b) 1906
(c) 1908 (d) 1910
2. Handball Federation of India was formed in the year
(a) 1957 (b) 1965
(c) 1981 (d) 1972
3. The height of the basketball ring from the floor is
(a) 3 meters (b) 3.05 meters
(c) 2.5 meters (d) 4 meters
4. Weight of the football is
(a) 325-375 gms (b) 450-475 gms
(c) 410-450 gms (d) 350-400 gms

5. Who is the father of basketball?
- (a) James Naismith
 - (b) Aristotle
 - (c) William G. Morgan
 - (d) Dhyan Chand
6. The weight of the women handball is
- (a) 425 - 475 gms (b) 325 - 375 gms
 - (c) 400-450 gms (d) 420-450 gms
7. What is the height of the antenna in volleyball?
- (a) 1.50 meters (b) 1.80 meters
 - (c) 1.55 meters (d) 2 meters
8. In Hockey, the stick is usually _____ inches long.
- (a) 38 to 40 (b) 40 to 42
 - (c) 35 to 38 (d) 42 to 44
9. The height of the volleyball net for men
- (a) 3 meters (b) 3.05 meters
 - (c) 2.30 meters (d) 2.43 meters
10. Duration of handball match is
- (a) 30-10-30 min (b) 30-15-30 min
 - (c) 40-10-40 min (d) 40-15-40 min

Part B**(5 × 5 = 25)**Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the history and development of volleyball in India.

Or

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

12. (a) Layout the handball court with specification.

Or

- (b) Explain about the major trophies in football.

13. (a) Explain the violations of basketball.

Or

- (b) Mention the scoring system in volleyball.

14. (a) Explain the basic skill in hockey.

Or

- (b) Write any two drills in football and explain it.

15. (a) Examine the official's signals in handball with diagram.

Or

- (b) Explain the scoring system in Kabaddi.

Part C**(5 × 8 = 40)**Answer any **five** questions.

16. Illustrate the origin and the development of the game hockey.
17. Draw a neat diagram of basketball court with all specification.

18. Explain the rules and interpretation of handball.
 19. Describe the basic skills in football and explain any two drills.
 20. Illuminate the mechanism of officiating in hockey.
 21. Lay out the volleyball court with all measurements.
 22. Explain the basic skills in hockey.
-

R-4769

Sub. Code

720703

B.Sc. DEGREE EXAMINATION, APRIL 2021

Second Semester

Physical Education

SPORTS NUTRITION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

- Which of the following has the highest calorific value?
(a) Carbohydrates (b) Fats
(c) Proteins (d) Vitamins
- Which of the following nutrients is needed for a healthy immune system?
(a) Calcium (b) Iodine
(c) Vitamin K (d) Vitamin C
- The most important factors affecting evaporation when exercising are:
(a) time of day (b) intensity
(c) duration (d) heat and humidity
- Heat acclimatization:
(a) increases body temperature
(b) increases the risk of heat injuries
(c) decreases the exercise heart rate
(d) None of the above

5. Ergogenic aids can be used during training or competition to:
- (a) help build more muscle
 - (b) maximise the effect of training
 - (c) reduce tiredness and fatigue
 - (d) all the above
6. Which of the following is not a nutritional ergogenic aid:
- (a) Vitamins
 - (b) Caffeine
 - (c) amino acid
 - (d) anabolic steroids
7. Calcium deficiency in the body occurs in the absence of
- (a) vitamin C
 - (b) vitamin D
 - (c) vitamin A
 - (d) vitamin E
8. What are body building foods?
- (a) Carbohydrate
 - (b) Protein
 - (c) fat
 - (d) Roughage
9. A deficiency of iron in the diet could lead to what?
- (a) Scurvy
 - (b) Pellagra
 - (c) Anaemia
 - (d) Skin problems
10. Which one has the highest energy content?
- (a) Protein
 - (b) Fat
 - (c) Sugar
 - (d) Starch

Part B

(5 × 5 = 25)

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

11. (a) Write a note on 'Science of Nutrition'.

Or

- (b) Describe about food guide pyramid.

12. (a) What are the sources of proteins and fats? Explain.

Or

(b) Write a note on 'carbo-loading'.

13. (a) Explain the role of hydration of pre and post exercise.

Or

(b) Write a note on 'Temperature regulation'.

14. (a) What are the types of ergogenic aids? Explain.

Or

(b) Explain about the major components of female athlete triads.

15. (a) Explain the role of sports drinks for performance.

Or

(b) Give an account on 'Diet before, during and after training'.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Discuss about nutritious diet and diet planning.

17. Explain about energy yielding nutrients and performance.

18. Elucidate the causes of heat stroke.

19. Describe the classifications of vitamins and minerals.
 20. Discuss on the dietary supplements and nutritional ergogenics used by endurance athletes.
 21. Enumerate the role of proteins and amino acids for building muscles.
 22. Explain the role of vitamin and mineral supplements in an athlete's performance.
-

R5542

Sub. Code

7204T1/
7244T1

B.Sc. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Physical Education/ Yoga

TAMIL – IV

(Common for B.Sc., Physical Education/B.Sc., Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

சரியான விடையைத் தேர்ந்தெடுத்து எழுதுக.

1. நிரப்புக: 'மண் திணிந்த _____ நிலனேந்திய _____',
(அ) நூலும், மாலையும்
(ஆ) நிலனும் விசம்பும்
(இ) மலையும் மடுவும்
(ஈ) நீரும் காடும்
2. கொழுநரை இழந்த பெண்டிற்குப் பொய்கையும் தீயும் ஒன்றே – எனப் பாடியவர்
(அ) பூதப்பாண்டியன் தேவி
(ஆ) ஓளவையார்
(இ) வெள்ளிவீதியார்
(ஈ) கம்பர்

3. 'கவினலங் கொல்லோ.. காமங்கொல்லோ..? இவள் கண் பசந்ததுவே' எனத் தோழி கூற்றாக அமையும் நற்றிணைப் பாடலைப் பாடியவர்
 (அ) அம்முவனார் (ஆ) மருதனார்
 (இ) பெருங்கடுங்கோ (ஈ) ஓளவையார்
4. தலைவன் அல்லாத அயலவர் மணத்துக்குரிய பரிசுத்தோடு வருதலை ஆதிமந்தியார் எங்ஙனம் குறிக்கிறார்?
 (அ) நொதுமலர் வரைவு (ஆ) அறத்தொடு நின்றல்
 (இ) பாங்கர் கூட்டம் (ஈ) உடன்போக்கு
5. நாலடியார் எனும் அறநூலை இயற்றியவர்
 (அ) சைவக் குரவர்கள் (ஆ) முதலாழ்வார்கள்
 (இ) சமணமுனிவர்கள் (ஈ) வைணவர்கள்
6. 'காமநெறி படரும் கண்ணினார்க்கு இல்லை ஏமநெறி படரும் ஆறு' – இடம்பெறும் நூல்
 (அ) திருக்குறள் (ஆ) கலித்தொகை
 (இ) நற்றிணை (ஈ) நாலடியார்
7. குறிஞ்சிமலர் புதினத்தின் ஆசிரியர்
 (அ) நா. பார்த்தசாரதி (ஆ) ஜெயகாந்தன்
 (இ) ந. பிச்சமுர்த்தி (ஈ) புதுமைப்பித்தன்
8. பூரணியின் தந்தை பெயர்
 (அ) அரவிந்தன் (ஆ) மணிவண்ணன்
 (இ) சிதம்பரம் (ஈ) அழகியசிறம்பலம்
9. நிரப்புக்: கற்றறிந்தார் ஏத்தும் _____
 (அ) குறிஞ்சிப்பாட்டு (ஆ) பட்டினப்பாலை
 (இ) கலித்தொகை (ஈ) அகநானூறு

10. பத்துப்பாட்டு நூல்களுள் ஆற்றுப்படை பற்றிய நூல்கள்

(அ) மூன்று (ஆ) பத்து

(இ) நான்கு (ஈ) ஐந்து

பகுதி ஆ

(5 × 5 = 25)

அனைத்து வினாக்களுக்கு விடையளி.

11. (அ) புறநானூறு நூற்குறிப்பு வரைக.

(அல்லது)

(ஆ) முரஞ்சியூர் முடிநாகராயர் கூறும் உதியன் சேரலாதன் சிறப்புகளை எடுத்துரைக்க.

12. (அ) தோழி கூற்றாக அமைந்த பரணரின் குறுந்தொகைப் பாடல் தரும் செய்திகளைக் கூறுக.

(அல்லது)

(ஆ) பெருங்கடுங்கோ காட்டும் தலைமகளின் தந்தையின் காட்டின் தன்மைகளை விவரி

13. (அ) 'சகடக்கால் போல வரும்' - நாலடியார் கருத்தினை விளக்குக.

(அல்லது)

(ஆ) 'தாய்த்தாய்க் கொண்டுஏகும் அளித்திவ்வுலகு' - நாலடியார் கருத்தினை விளக்குக.

14. (அ) அரவிந்தன் பாத்திரத்தின் குணநலன்களை விவரி.

(அல்லது)

(ஆ) நெடுநல்வாடை நூற்சிறப்பினை முன்வைக்க.

15. (அ) அகநானூறு - குறிப்பு வரைக.

(அல்லது)

(ஆ) புறநானூறு - குறிப்பு வரைக.

எவையேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. அதியமானின் நட்புச் சிறப்பினை ஒளவையார் எங்ஙனம் பாடுகிறார்?
17. கள்வன் பத்து பாடலில் நண்டின் செயல்களைக் காட்டி ஓரம்போகியார் கூறுவன யாவை?
18. செல்வம் நிலையாமை குறித்த நாலடியார் கருத்துக்களை விளக்குக.
19. 'குறிஞ்சிமலர்' புதினத்தில் இடம்பெறும் பூரணி பாத்திரத்தை அறிமுகம் செய்க.
20. எட்டுத்தொகை நூல்கள் குறித்துக் கட்டுரைக்க.
21. ஆற்றுப்படை நூல்களைக் குறிப்பிட்டு விளக்குக.
22. சங்ககாலத் தமிழரின் விளையாட்டுகள் குறித்துச் சான்றுடன் விவரி.

R5543

Sub. Code
7204E1/7244E1

B.Sc. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Physical Education/Yoga

**ENGLISH FOR EFFECTIVE
COMMUNICATION –IV**

(Common for B.Sc. Physical Education/B.Sc., Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Prior _____ to an important meeting or presentation will help to settle your nerves.
(a) Preparation (b) Entertainment
(c) Amusement (d) Leisure
2. Avoiding _____ thoughts is necessary for the self-confidence.
(a) Negative (b) Positive
(c) Plus (d) Optimistic
3. A job application letter is also known as a _____ letter
(a) Covering (b) Back
(c) Personal (d) Informal

4. "Biodata" contains all _____ information.
- (a) Factual (b) Personal
(c) Informal (d) Both (b) and (c)
5. Covering letter must be _____ page.
- (a) One (b) Two
(c) Three (d) Four
6. A resume is a _____ summary of personal and professional experiences.
- (a) Brief (b) Long
(c) Lengthy (d) Both (b) and (c)
7. The main purpose of resume is to show off your _____ to potential employers.
- (a) Best self (b) Worst self
(c) Hobbies (d) Both (b) and (c)
8. "Interview" refers to a _____ conversation between an interviewer and an interviewee.
- (a) one-on-one (b) one-on-two
(c) many (d) Group
9. Group interviews are conducted when an employer has _____ candidate's interview together.
- (a) Multiple (b) Single
(c) One to one (d) Both (b) and (c)
10. In the STAR interview format R stands for _____
- (a) Result (b) Research
(c) Recall (d) Remember

Part B

(5 × 5 = 25)

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

11. (a) Write the helpful way to develop yourself confidence.

Or

- (b) Describe job communication process.

12. (a) Define the Purpose of Curriculum Vitae.

Or

- (b) Write the format of job application letters.

13. (a) What are the informations included in an effective CV?

Or

- (b) Differentiate Curriculum Vitae and Resume.

14. (a) Define Resume and its importance.

Or

- (b) What are the characteristics of a job interview?

15. (a) Write the alternative interview format.

Or

- (b) Discuss the strategies of interview

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Write the Do's and Don'ts in a job communication.
17. Write a model job application letter for the post of a physical Education teacher.

18. Design your own curriculum vitae.
 19. Suggest some tips to develop one's self-confidence.
 20. How do you prepare yourself for a job interview? Explain.
 21. Discuss the types of Job Interview.
 22. How do you develop your job communication skills effectively? Analyse.
-

R5544

Sub. Code

720403

B.Sc. DEGREE EXAMINATION, APRIL – 2021

Fourth Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Which is surrounded by an entire skeletal muscle?
(a) Perimysium (b) Tendon sheath
(c) Endomysium (d) Epimysium
2. What is contractile protein of muscles?
(a) Tubulin (b) Tropomyosin
(c) Myosin (d) Actin
3. Where does 95% of the energy needed for contraction during moderate exercise?
(a) Aerobic respiration
(b) Lactic acid
(c) Creatine phosphate
(d) Anaerobic glycolysis

4. Which major energy source is required in a hurdle race to the leg muscles?
- (a) Glycolysis (b) Lactate and pyruvate
(c) Performed AIP (d) Oxidative metabolism
5. Which system exchange of gases in the living organisms?
- (a) Circulatory system
(b) Respiratory system
(c) Excretory system
(d) Nervous system
6. The maximum volume of air that can be released from the lungs by forceful expiration after deepest inspiration is called
- (a) Total lung capacity
(b) Tidal volume
(c) Inspiratory capacity
(d) Vital capacity
7. Where does the impulse of heart beat originate?
- (a) S.A. node (b) A.V, node
(c) Vagus nerve (d) Cardiac nerve
8. What is instrument used for measuring blood pressure?
- (a) Electrocardiogram
(b) Stethoscope
(c) Anemometer
(d) Sphygmomanometer

9. Which of the neurons carrying impulses away from the CNS?
(a) Efferent nerves (b) Afferent nerves
(c) Extensors (d) Sensory nerves
10. Which nervous system that controlled by reflex action?
(a) Peripheral nervous system
(b) Autonomous nervous system
(c) Muscles system
(d) Central nervous system

Part B

(5 × 5 = 25)

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

11. (a) Write down the scope of exercise physiology.

Or

- (b) Explain types of muscle fibres.

12. (a) Explain types and functions of muscle.

Or

- (b) How do muscles get energy to perform during exercise?

13. (a) Explain pulmonary ventilating during light exercise.

Or

- (b) Explain gas exchange process.

14. (a) Explain types of blood circulation.

Or

- (b) Explain blood pressure and heart rate.

15. (a) What are the major components of reflex arc and explain its functions?

Or

- (b) Explain central nervous system and its function.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Draw a neat diagram of microscopic structure of muscle fibre.
17. Explain sliding filament theory,
18. Explain effect of exercise and training on respiratory system.
19. Explain effect of exercise and training on circulatory system.
20. Draw a structure of neuron and explain its functions.
21. Explain effect of exercise and training on muscular system.
22. Explain effect of exercise and training on nervous system.
-

R5545

Sub. Code

720404

B.Sc. DEGREE EXAMINATION, APRIL -2021

Fourth Semester

Physical Education

THEORIES OF SPORTS AND GAMES-II

(Kabaddi, Kho-Kho, Tennis, Badminton, Cricket)

(CBCS – 2019 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. When modern Kabaddi game was played all over India?
 - (a) 1921
 - (b) 1930
 - (c) 1936
 - (d) 1925

2. Which is the highest governing body of Badminton in the world?
 - (a) International Badminton Association
 - (b) Badminton Association of the World
 - (c) Badminton World Federation
 - (d) International Badminton Federation

3. Which game is related to Sudirman Cup?
 - (a) Tennis
 - (b) Kabaddi
 - (c) Badminton
 - (d) Cricket

4. The term Googly is related to the game of _____
- (a) Football (b) Basketball
(c) Volley ball (d) Cricket
5. Which training is suitable for overall development of the body?
- (a) Specific preparation
(b) General preparation
(c) Technical preparation
(d) Tactical preparation
6. The ability of muscles to exert against the resistance is called
- (a) Muscular Strength
(b) Muscular Endurance
(c) Flexibility
(d) Speed endurance
7. Which game is related to the term Foot work?
- (a) Kabaddi (b) Tennis
(c) Cricket (d) Kho-Kho
8. Which game is related to the term Line cut?
- (a) Cricket (b) Kho-Kho
(c) Tennis (d) Badminton

9. How many numbers of officials are control the game of tennis?
(a) 11 (b) 9
(c) 10 (d) 12
10. The term Cant ability is related to which game?
(a) Tennis (b) Cricket
(c) Badminton (d) Kabaddi

Part B (5 × 5 = 25)

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

11. (a) Write Indian history of Kho-Kho
Or
(b) Describe history of International Kabaddi Federation
12. (a) Draw a neat diagram of doubles tennis court and mention all measurements
Or
(b) Describe history of cricket world cup
13. (a) Explain any two methods to improve strengtth.
Or
(b) Describe the warming up and warming down.
14. (a) Explain the offensive skills in Kabaddi.
Or
(b) Essential Cricket drills-Describe.
15. (a) Write detail of Tennis-Scoring system.
Or
(b) Explain the duties of officials in the game of kabaddi

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe history and development of kabaddi in India
17. Draw a diagram of cricket ground and point out the fielding position of one day match
18. Define Strength and explain its various types
19. Explain any two techniques in the game of tennis and give some lead up activities
20. Explain scoring system in Cricket
21. Discuss history of world badminton
22. Explain Kho-Kho chasing technics with suitable lead up activities

R5546

Sub. Code

720707

B.Sc. DEGREE EXAMINATION, APRIL 2021

Fourth Semester

Physical Education

**Elective – HEALTH EDUCATION, SAFETY EDUCATION
AND FIRST AID**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer questions.

Choose the best answer.

1. The Word "hygiene" is derived from
(a) Latin (b) Sanskrit
(c) Greek (d) Tamil
2. The word RICE E stands for
(a) Elevation (b) Effect
(c) Effleurage (d) Exercise
3. Flexibility can be developed by practicing _____
(a) Weight training (b) Interval Training
(c) Asana (d) Hill Training
4. In which WHO was established _____
(a) 1947 (b) 1948
(c) 1949 (d) 1946

5. Physical fitness index can be computed with the help of formula
- (a) $\text{Achieved SI} / \text{Normal SI} \times 100$
 - (b) $\text{Normal SI} / \text{Achieved SI} \times 100$
 - (c) $\text{General fitness} / \text{Normal Index}$
 - (d) None of these
6. Typhoid is caused by _____
- (a) Bacteria
 - (b) Virus
 - (c) Parasites
 - (d) None of these
7. Malaria affects
- (a) Bacteria
 - (b) Spleen
 - (c) liver
 - (d) lungs
8. Which is the communicable disease _____
- (a) Tetanus
 - (b) Cancer
 - (c) Hyper tension
 - (d) Diabetic mellitus
9. Fever is known as
- (a) Tuberculosis
 - (b) typhoid
 - (c) HIV
 - (d) Rabies
10. Ability to carry out daily tasks is
- (a) Physical fitness
 - (b) mental fitness
 - (c) motor fitness
 - (d) All the above

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on Health Education.

Or

- (b) What is the Emotional health?

12. (a) Short notes on physical fitness?

Or

- (b) Components of physical fitness - in brief.

13. (a) Write short notes on malaria.

Or

- (b) In brief- cancer.

14. (a) Short notes on personal hygiene.

Or

- (b) Give a short note on environmental hygiene.

15. (a) List out the permanent equipments.

Or

- (b) List out the air pollution.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the mental and emotional health on their inter relationships.
17. Illustrate the Scope of health education

18. Describe the any four communicable diseases.
 19. Explain the difference between physical fitness and health related fitness.
 20. Elucidate the symptoms and preventive measures of hyper tension.
 21. Explicate the Cryotherapy and the modes and application.
 22. Explain the preventive measures of Poison, snake bite and dog bite.
-