R6244	Sub. Code
	811101

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 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. Define research.
2. List down the Classification of research.
3. What is Case study?
4. What are the sources of historical research?
5. List out any two experimental design.
6. What is the Static Group?
7. Define-Sample.
8. Define Internal criticism.
9. What is bibliography?
10. What do you mean by research abstract?
11. List out the types of variables.
12. Define hypothesis.

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Briefly explain the quality of good researcher.

14. Write a note on location of research problem.

15. Write down the primary data and secondary data.

16. Explain the steps in historical research.

17. Explain the types of variables.

18. Explain about sample and population.

19. Write about footnote.

20. Explain the method of writing abstract.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the need nature and scope of research in physical education.

22. What is survey explain the various types of survey research?

23. Explain various experimental design.

24. Explain the probability methods of sampling.

25. Explain the methods of writing research report.

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R6245	Sub. Code 811102

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 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 exercise physiology.
2. List out the types muscle fiber.
3. Define posture.
4. What is motor unit?
5. Define high blood pressure.
6. List out the blood composition.
7. Define-Respiration.
8. What is second wind?
9. Abbreviation of ATP and PC.
10. Meaning of the metabolism.
11. What is systemic circulation?
12. What is voluntary muscle?

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Explain sliding filament theory of muscular contraction.

14. Explain heart valves and direction of blood flow.

15. Briefly explain ventilation at rest and during the exercise.

16. Explain short duration high intensity exercises.

17. Explain high intensity exercise lasting several minutes.

18. Explain transmission of nerve impulse.

19. Explain the types of muscle Fibre.

20. Briefly explain the blood supply to the heart.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Draw the macro and micro structure of the skeletal muscle.

22. Explain the effect of exercise and training on the circulatory system.

23. Enumerate the effect of exercise and training on the muscular system.

24. Explain aerobic and anaerobic systems during the rest and exercise in detail.

25. Briefly explain long duration exercises.

R6246	Sub. Code
	811103

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 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. List out any two schools of the yoga.
3. What you meant by asanas?
4. What are the types of pranayama?
5. Meaning of kriyas.
6. Define Uddiyana bandha.
7. List out the mudras.
8. List out types of meditations.
9. What you mean by mental wellbeing?
10. Short notes on yogic diet.
11. What you meant by yama?
12. Name any two mudras.

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Explain the meaning of yoga.

14. Explain the benefits of asanas.

15. Differentiate the Neti and Dhauti.

16. Explain the meaning and techniques of mudras.

17. Enumerate the yoga in the compensation exercise.

18. Explain the concept of yogic practices.

19. Explain the techniques of the surya namaskar

20. Briefly explain the types and techniques of meditation.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the various schools of yoga.

22. Explain the methods and benefits of chakras.

23. Explain shadkriyas.

24. Explain the Eight limbs of Yoga.

25. Explain the role of yoga in sports.

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R6247	Sub. Code
	811104

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 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. What is measurement?
2. Define evaluation.
3. List out the classification of test.
4. Write any two objectives of test.
5. What is reliability?
6. Define norms.
7. List out the components of health related physical fitness.
8. Write out the formula for long form in Harvard step test.
9. Write any two basketball skill test.
10. What are the test items included in French short service test?

11. Define motor fitness.

12. List out the Motor ability tests.

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

Answer any **five** questions.

13. How will you evaluate the Reliability?

14. Explain the need importance of measurements and evaluation in physical education.

15. How will you evaluate the Validity?

16. Explain administration economic feasibility.

17. Explain JCR test.

18. Explain Barrow Motor ability test.

19. Explain MC Donald Soccer test.

20. Explain Borer miller test.

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

Answer any **three** questions.

21. Describe the test, measurement and evaluation and brief history of test, measurement and evaluation.

22. Explain the procedure to be considered for the administration of test.

23. Explain skill related physical fitness.

24. Explain reliability and objectivity.

25. Describe Johnson basketball ability test with a neat diagram.

R6248	Sub. Code
	811501

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 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.

All questions carry equal marks.

1. Define sports technology.
2. What do you mean by Workflow of instrumentation.
3. What do you mean by Shape Memory Alloy.
4. What is Nano molding technology?
5. Explain the term polycarbonate.
6. What is polyimide?
7. What do you mean by Thermoset resins?
8. What are alloys?
9. How can bicycle components strengthened with nanotubes?
10. What do you mean by Nanocomposite barrier film?

11. List down the modern play equipment's.

12. List down the electronic play equipment's.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write the meaning of sports technology write down its advantages.

14. What are the general principles and purpose of instrumentation of sports?

15. Write briefly about Nano molding technology

16. What are the modern technology in the construction of indoor and outdoor facilities.

17. What are the modern equipment's used in clothes and shoes explain its type and advantages.

18. What is the place and position of camera for live coverage of sporting events.

19. Explain the modern technology used in foot wear production?

20. Explain the mechanism of erecting flood light and measuring luminous.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain in detail the principles of Instrumentation.

22. What do you mean by Engineering Polymers, What are its application in sports.

23. Explain thermoplastics and it's used in sports.

24. What are the different High Tech Fiber used in sport and list out its applications.

25. Explain about the possible areas where Nano technology can be applied.

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R6249	Sub. Code
	811301

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

Third Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(CBCS – 2019 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define sports training.
2. List down any two causes of overload.
3. Write any two methods to improve the endurance.
4. What is the difference between isometric and isotonic?
5. Name any two types of stretching exercises.
6. Mention any two methods to improve the flexibility.
7. Write any two periods of periodisation.
8. State the meaning of periodisation.
9. Mention any two side effects of drug.
10. Expansion of WADA.

11. Define training load.

12. Mention the longest period in the periodisation.

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

Answer any **five** questions.

All questions carry equal marks.

13. Narrate the importance and features of training load.

14. Write a note on non-traditional resistance training.

15. Write short notes on Plyometric training.

16. Elaborate the various training cycles.

17. Narrate the problems in drug detection.

18. Describe the concept of super compensation.

19. Write a note on altitude training.

20. Briefly explain the various types of stretching exercises.

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

Answer any **three** questions.

All questions carry equal marks.

21. Elaborate the principles of sports training.

22. Narrate the methods to develop speed.

23. Describe the various methods to improve the co-ordinative abilities.

24. Explains single and double periodization.

25. Write an essay on blood doping.

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R6250	Sub. Code 811302

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

Third Semester

Physical Education

SPORTS MEDICINE

(CBCS – 2019 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 sports medicine.
2. Define therapeutic exercises.
3. State any two types of stretching.
4. Define tapping.
5. Mention any two free hand exercises.
6. List down any two causes of spine injuries.
7. What is dislocation?
8. What is contusion?
9. Mention any two hip injuries.
10. What is strain?

11. Write any two strengthening exercise for ankle.

12. Define doping.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Elaborate the types of skin injuries.

14. Briefly explain the basic rehabilitation.

15. List down the stretching exercises for shoulder, elbow and wrist.

16. Write short notes on mobilization of joints.

17. Write a note on gym ball exercises.

18. Discuss the stages of healing.

19. Write short notes on compression and hyperextension.

20. Describe the various abdomen injuries.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Elaborate the advantages and disadvantages of PRICE and PRINCE therapy.

22. Write an essay on stretching.

23. Narrate the strengthening exercises for head, neck and spine.

24. Discuss the various upper extremity injuries briefly.

25. Explain the various strengthening exercises for hip, knee, ankle and foot.

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R6251	Sub. Code
	811303

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

Third Semester

Physical Education

HEALTH EDUCATION AND SPORTS NUTRITION

(CBCS – 2019 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Health.
2. What is personal hygiene?
3. What is malnutrition?
4. Write any two communicable diseases.
5. State the meaning of hygiene.
6. Expansion of WHO.
7. Define sports nutrition.
8. What is balanced diet?
9. Expansion of BMI.
10. What is obesity?

11. Name any two health agencies / organisations.

12. What is hydration?

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write short notes on health instruction and health supervision.

14. Briefly explain the care of skin, nails and eye.

15. Write short notes on sports hygiene and competitions.

16. Discuss the basic nutrition guidelines.

17. Elaborate the weight management programme for sporty child.

18. Narrate the importance of health care during camp and travelling.

19. Describe the management of stress:

20. Write a note on health appraisal and health record.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain the aims, objectives and principles of Health Education.

22. Elaborate the role of health education in schools in details.

23. Describe the effects of alcohol and tobacco on health.

24. Discuss the role of nutrition in sports.

25. Prepare the diet plan and exercise schedule for weight gain and loss.

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R6252	Sub. Code 811505

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

Third Semester

Physical Education

PHYSICAL FITNESS AND WELLNESS

(CBCS – 2019 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Define Diet
2. Define Physical fitness.
3. Define wellness.
4. What do you mean by lifestyle?
5. What do you mean by aerobic exercise?
6. What do you mean by anaerobic exercise?
7. What do you mean by resistance exercise?
8. What is hypo kinetic diseases?
9. Define Flexibility.
10. What are the fat soluble vitamins?

11. Define Yoga.

12. Define Hydration.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. What is the modern concepts and techniques of physical fitness?

14. Write briefly about wellness and its benefits.

15. What are the principles of exercise programme?

16. Write a short note on Nutrition on sports.

17. Write short notes on Muscular strength and endurance.

18. Differentiate between relaxation and breathing technique.

19. Write a shot note on aerobics and anaerobic exercises.

20. Explain the principles of weight training.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Write down the components of total health fitness and lifelong wellness.

22. Explain Nutrition, eating disorders, hydration and weight management.

23. Explain hypo kinetic disease its prevention and its management.

24. Plan a diet chart for inter University football team considering the Protein and Carbohydrate loading.

25. Draw a food pyramid and explain balanced diet.

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