

R6235

Sub. Code

721101

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

First Semester

Physical Education

**HISTORY, PRINCIPLES AND FOUNDATION OF
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. Define physical education.
2. What is theories of learning?
3. Give an account on Arjuna award.
4. Write short note LNCPE.
5. Social mobility.
6. Which activity most popular in vedic period?
7. Write down the types of learning curve.
8. Write down the meaning of philosophy.
9. Write shorts on Indian Olympic Association.
10. Write down importance of recreation at Greek period.

11. What do you mean by attitude?
12. Write the meaning of Pan Hellenic festivals.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Post independent development of physical education.
14. Modern Olympics – Discuss.
15. Discuss the importance of physical education in present years.
16. Describe the Women’s participation in modern.
17. Explain the laws of learning.
18. Write short note
 - (a) SAI
 - (b) SDAT
 - (c) KELO – India
 - (d) IOC
19. Write about the physical education Indus Valley Civilization.
20. Explain the learning curve.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the history of physical education in medieval periods and British period.
22. Explain historical development of physical education in Greece.

23. Write down the meaning aims and objectives of physical education.
 24. Write down the difference between ancient and modern Olympics.
 25. Explain any two theories of learning and their educational implication.
-

R6236

Sub. Code

721102

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

First Semester

Physical Education

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

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define anatomy.
2. Define physiology.
3. Define sports medicine.
4. What is sports rehabilitation?
5. What is mean by first aid?
6. Define cardio-respiratory system?
7. Meaning of physiotherapy.
8. Define sports injuries.
9. Define nervous system.
10. Types of injuries.
11. What is mean by massage?
12. Explain thermotherapy.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Need and importance of anatomy.
14. Need and importance physiology.
15. Explain any two system in human body.
16. How will you manage ankle injury in play field?
17. Need and importance of rehabilitation and first aid.
18. Explain hydrotherapy and thermotherapy.
19. Explain sports medicine in physical education.
20. What is the difference between physiotherapy and sports rehabilitation?

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Need and importance of anatomy and physiology in field of physical education.
22. Structures and functions of digestive organ systems.,
23. Types of injuries explain any three.
24. What are strengthening exercise? Explain the dope test.
25. Discuss the principles of first aid, athletic bandage and massage.

R6237

Sub. Code

721103

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

First Semester

Physical Education

**ORGANIZATION, ADMINISTRATION AND SPORTS
MANAGEMENT**

(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 tournament and its types?
2. Write the leaders qualities.
3. Define administration.
4. Write short notes on budget.
5. Explain intramural and extramural.
6. Define LNIPE and NSNIS.
7. What is challenge tournament and its type?

8. Define league tournament and its type.
9. Explain sports management.
10. Define office management.
11. List down source of income for sports.
12. What is planning?

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. List out the facility required in the colleges.
14. Describe register and explain the types of register.
15. Describe the factors affecting time table.
16. Describe the need and importance of leadership qualities.
17. Explain the care and maintenance of Swimming pool.
18. Write the need and importance of organization.
19. Describe the sports management system at college level.
20. Explain care and maintenance of play field.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Draw a knock out fixture for the 35 teams.
22. What is budgeting? Write down the criteria of good budget and prepare a sample budget for school.

23. Write down the principles of planning and the responsibilities of physical education teachers.
 24. What are the different types of tournaments? Write the merits and demerits of any three type of tournament with a sample fixture drawn along with the formula you would use?
 25. What is gymnasium as explain the construction a gymnasium?
-

R6238

Sub. Code

721104

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

First Semester

Physical Education

OLYMPIC MOVEMENT

(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 events takes place on first day of the Summer Olympics?
2. Who started the modern day Olympics and why?
3. When the Olympics have been cancelled?
4. Describe the motto of Olympics.
5. Describe gold medal given in Olympics.
6. Describe the five interlaced rings in the Olympics flag
7. What is Para Olympic Games?
8. List down any four events of winter Olympics held.
9. In which year and who designed the Olympic flag?
10. List down the medal winners from India in Olympics.

11. Who takes the Olympic oath?
12. What is the purpose of Olympic village?

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Discuss the aims of Olympic movement.
14. Explain the meaning of “Sports for All”.
15. What do you understand by Olympic flag for custody?
16. Write down the schedule and the events of Para Olympic Games.
17. Explain the award giving ceremony.
18. Explain IOC and their duties.
19. Describe the Olympic protocol for member countries.
20. Write down about elements of closing ceremony.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Write down the growth and development of modern Olympics.
22. Explain in detail Olympic code of ethics and significances of Olympic ideas.
23. Give an account on Special Olympics.

24. Write down the role and structure of NOC.
 25. Write down about the schedule for sixteen days in summer Olympics.
-

R6239

Sub. Code

721501

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

First Semester

Physical Education

HEALTH AND FITNESS MANAGEMENT

(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 the meaning of good health?
2. Define wellness.
3. Define psychological fitness.
4. How does the environment affect fitness?
5. What are the two main types of exercise?
6. What are the three classification of exercise?
7. What is a fitness assessment test?
8. Why is nutrition important to health?
9. What do you mean by measurement and evaluation?
10. Explain the term body composition.

11. Define calories and what is its purpose?
12. Explain needs of fitness.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Discuss the relationship between health, fitness and wellness.
14. Explain the sociological fitness.
15. What do you understand by functional training?
16. Explain food pyramid.
17. What exercises should be done to lose belly fat?
18. Explain RHR? What is its' importance?
19. Describe the occupational fitness.
20. How to develop flexibility?

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain the components of health related fitness? Explain them in detail with one fitness test for each.
22. Explain in detail the factors influencing fitness.

23. Describe the means and method of anaerobic training and their effects.
 24. What are the components of nutrition? Explain the sources of each component.
 25. Explain fitness test to gauge over all fitness.
-

R6240

Sub. Code

721301

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

Third Semester

Physical Education

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 the training components.
3. What is meant by endurance?
4. Explain the coordination.
5. Write about the flexibility.
6. Explain over load.
7. Define intensity.
8. Write about density.
9. Explain talent identification.

10. Write about preparatory period.
11. Explain tactics.
12. List down the ergogenic aids.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain aim and objectives of sports training.
14. Explain the system of sports training.
15. Brief about the types of strength.
16. Discuss the development of coordination.
17. Briefly explain the principles of training load.
18. What is the role of periodization in training program?
19. Discuss the aim and content of training periods.
20. How tactics play a major role in sports performance?

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Discuss the principles of sports training.
22. Briefly explain the types of endurance.

23. Elaborate the principles of intensity and volume.
 24. Prepare a meso cycle plan for your game.
 25. Distinguish technique and tactics in sports.
-

R6241

Sub. Code

721302

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

Third Semester

Physical Education

**COMPUTER APPLICATIONS IN PHYSICAL
EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define Computer.
2. Write any two advantages of computer.
3. Expand ICT.
4. How to insert Page Number in MS Word?
5. What are the shortcut keys to save and save as in MS Word?
6. How to start an MS Excel application?
7. Write any three editing features used in MS Excel.
8. How to create a power point application?
9. How to insert a slide number in power point?

10. What is Query?
11. Define report.
12. How to create forms in MS Access?

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain the need and importance of ICT.
14. Describe the page setup in MS Word.
15. Discuss about the printing option in MS Word.
16. Explain in various formulas and operators in MS Excel.
17. How to adjust columns width and row height in MS Excel?
18. Explain the preparation of power point presentation.
19. How to create database and Tables in MS Access?
20. Explain the steps to Design a broacher in MS Publisher.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain the application of computers in Physical Education.
22. Elaborate the various formatting features in MS Word.

23. Explain the steps to involve of various charts in MS Excel.
 24. Describe the merits and demerits of power point.
 25. Prepare an Invitation and Certificates for your Inter Collegiate Tournament in MS Publisher.
-

R6242

Sub. Code

721303

B.PED DEGREE EXAMINATION, NOVEMBER – 2021

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **Ten** questions.

All question carry equal marks.

1. Explain the meaning of Psychology.
2. What you mean by Environment?
3. Define Learning.
4. Write down the importance of aggression.
5. Define Personality.
6. What you mean by self-talk.
7. Explain the meaning of sports sociology.
8. Define Customs.
9. Explain about the remote group.
10. Write about the Life Style.

11. Brief about the Questionnaire.
12. Define subconscious.

Part B

(5 × 5 = 25)

Answer any **Five** questions.

All question carry equal marks.

13. Explain the meaning and definition of sports psychology.
14. Discuss the types and nature of individual differences.
15. Explain motor learning process.
16. Brief about the factors influencing motivation.
17. Elaborate festivals and physical education.
18. Write about the nature of sports sociology.
19. Explain about the women's sports participation in India.
20. Discuss the stages of mind.

Part C

(3 × 10 = 30)

Answer any **Three** questions.

All the questions carry equal marks.

21. Discuss Psycho-Sociology aspects of human behaviour in relation to physical education and sports.
22. Elaborate the Laws of learning.

23. Discuss Socialization through physical education.
 24. How motivation effect the sports performance.
 25. Distinguish conscious, unconscious and superconscious.
-

R6243

Sub. Code

721503

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

Third Semester

Physical Education

CURRICULUM DESIGN

(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 curriculum design.
2. Explain the meaning of climatic consideration.
3. Discuss the meaning of individualisation.
4. Describe evaluation of learning outcome.
5. Explain rubric.
6. Who is a teacher?
7. Explain facilities for library.
8. What is teaching practice?
9. Briefly explain curriculum for second standard level.
10. Define societal curriculum.

11. Explain the term evaluation.
12. What do you mean by professional preparation?

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Write down the importance of curriculum.
14. Describe the socialisation and individualisation.
15. What is curriculum development process and models?
16. Describe implementation of curriculum.
17. What is the role of professional's competencies in professional preparation?
18. What steps you will adopt to prepare curriculum at primary level?
19. Discuss the strategies of evaluation design.
20. Write down the role of teachers in curriculum preparation.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Describe the factors affecting curriculum design.
22. Discuss the steps in curriculum construction.

23. Explain the principles of curriculum design according to national level policies.
 24. How will you prepare professional preparation for under graduate level?
 25. Write down how you will prepare curriculum for higher secondary level.
-