

R6917

Sub. Code

721201

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Second Semester

Physical Education

YOGA EDUCATION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Write down some function of yoga.
2. Mention some aims of yoga.
3. What does yama mean in yoga?
4. What is pranayama in ashtanga yoga?
5. What is Dhyana meditation?
6. What do you mean by Asana's?
7. What is the purpose of the Bandhas?
8. Write down some benefits of Nadis.
9. Define yoga education.
10. Define applied research in yoga.

11. Define emotional education.
12. What is yama in yoga?

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. What is the meaning and scope of yoga?
14. What are the main function of yoga?
15. What is pranayama and its benefits?
16. What do you mean by karma yoga?
17. Classification of asanas with special reference to physical education and sports.
18. What are Nidis and their relationship to chakras?
19. Explain yoga education centers in abroad.
20. Explain yogic diet in details.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Elaborate yoga in early upanishads.
22. Explain types of yoga in detail.
23. Write short notes on applies and action research in yoga.
24. Write down the various effects of asanas and pranayama on various system of the body.
25. Elaborate the benefits of yama and niyama.

R6918

Sub. Code

721202

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Second Semester

Physical Education

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

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions.

1. Meaning of Educational Technology.
2. Define Education Process.
3. Define Project Method.
4. What is meant by Demonstration?
5. Importance of Teaching Aids.
6. Types of Command.
7. What is meant by specific lesson plan?
8. Meaning of Micro Teaching.
9. Define Digital Evaluation.

10. Score cards method.
11. Uses of common method in different situations.
12. Define whole method.

Part B (5 × 5 = 25)

Answer **any FIVE** questions.

13. Differentiate formal, informal and non - formal education.
14. Explain different teaching techniques.
15. Explain different teaching procedures.
16. Difference between teaching methods and teaching aids.
17. Write down the meaning and types of Micro - Teaching.
18. Discuss evaluation system of teaching.
19. Explain specific lesson plan.
20. Explain digital evaluation.

Part C (3 × 10 = 30)

Answer **any three** questions.

21. Write down the meaning and definition of Education Technology.
22. Write short notes on (Any TWO)
 - (a) Lecture method
 - (b) Common method.
 - (c) Demonstration method.

23. Write down the principles and advantages of team teaching.
 24. Explain micro - teaching with steps in detail.
 25. Explain the nature and procedures of evaluation.
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R6919

Sub. Code

721203

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Second Semester

Physical Education

**HEALTH EDUCATION AND ENVIRONMENTAL
STUDIES**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions.

1. Define Health.
2. What are the main objectives of Health Education?
3. World Health Organization.
4. Environment Sanitation.
5. Nutrition.
6. Environment Education.
7. Sustainable development.
8. Water pollution.
9. Give any two importances of water resources.

10. What is meant by school health services?
11. Health appraisal.
12. What are the benefits of skin?

Part B

(5 × 5 = 25)

Answer **any five** questions.

13. Explain the main principles of Health Education.
14. What are aims and objectives of Health Education?
15. Explain promotion of health in Physical Education in India.
16. Write need and importance of Environment Education.
17. Explain historical back ground of Environment education.
18. Write down the importance of land resources.
19. Explain the role of pollution control board.
20. Explain the importance of personal hygiene.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Elaborate the objectives and importance of school health services.
22. Explain communicable and non - communicable disease.
23. Explain the role of school in environment conservation.

24. Write short notes on (any two)

(a) water pollution

(b) soil pollution

(c) noise pollution.

25. Elaborate the need and importance of nutrition in day to day life.

R6920

Sub. Code

721502

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Second Semester

Physical Education

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

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **any ten** questions out of twelve.

1. Define fitness.
2. What are the component of fitness and wellness?
3. Define aerobic exercise.
4. Define anaerobic exercises.
5. What is meant by fitness development?
6. What is meant by sports Nutrition?
7. Role of minerals and water.
8. Define Obesity.
9. What is meant by BMI?

10. Define safety Education.
11. How do you ensure safety during physical activities?
12. Health benefits of wellness.

Part B (5 × 5 = 25)

Answer **any five** questions out of Eight.

13. Elaborate importance and scope of fitness and wellness.
14. Write down Aims and Objectives of fitness and wellness.
15. Differentiate aerobic and anaerobic exercises.
16. Write down the meaning and definition of sports nutrition.
17. Role of hydration during exercise.
18. Describe health risks associated with obesity.
19. What are the common myths about weight loss?
20. Discuss safety management techniques.

Part C (3 × 10 = 30)

Answer any **three** questions out of Five.

21. Explain physical activity and Health benefits of fitness and wellness.
22. Give the concept of designing different fitness training program for different age groups.
23. Elaborate role of Nutrition in sports.

24. Write down in detail the causes and solution for overcoming obesity.
 25. Briefly explain the importance of safety Education for physical Education.
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R6921

Sub. Code

721401

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Physical Education

**MEASUREMENTS AND EVALUATION 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. Define test and measurement.
2. Explain the meaning of evaluation.
3. Define objectivity.
4. What is the purpose of norms?
5. Expand AAHPER.
6. List down the test items of the JCR test.
7. Define kinanthropometry.
8. Explain one test for Badminton.
9. List down the test items of McDonald's soccer test.
10. Explain the physical fitness index.
11. How to test objectivity?
12. Explain the purpose of the skinfold caliper.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the principles of evaluation.
14. Explain duties during and after testing.
15. How are tests classified?
16. Describe the method of construction of a skill test.
17. Explain Johnson Basketball test.
18. Describe the meaning of body composition.
19. What is the purpose of the Dyer Tennis test?
20. Explain the methods of measuring height and weight.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Discuss the need and importance of tests, measurement, and evaluation.
22. Describe in criteria for the selection of a good test.
23. Explain one test to measure youth fitness.
24. Explain one hockey test and volleyball.
25. Explain with the instrument the method of measuring flexibility and range of motion.

R6922

Sub. Code

721402

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Physical Education

KINESIOLOGY AND BIOMECHANICS

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define kinesiology and biomechanics.
2. Define the line of gravity.
3. What is all and none law?
4. Explain prime mover with example.
5. Explain static contraction with examples.
6. Describe the role of friction in sports.
7. Give the meaning of kinematics with examples.
8. What is the formula for speed and velocity?
9. Define mass and motion.
10. Write down the second class lever with examples from sports.
11. Define plantar flexion.
12. List down the fundamental movements of knee joint.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Discuss on need and importance of studying kinesiology.
14. Explain Axes and Planes with a suitable examples.
15. Explain the structural classifications of muscles with suitable examples.
16. Describe the importance of a good posture.
17. Define Joint. Write down the types of joints.
18. Explain the laws of motion.
19. What are the mechanical principles of running?
20. Define equilibrium. Write down the factors influencing stability.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Explain terminologies joint movements of shoulder and ankle joints with anatomical structure.
22. What are the causes of postural deformities? Explain the postural deformities and suggest one corrective exercise for any five deformities.

23. Define contraction of the muscle. Illustrate the types of contraction.
 24. Define Lever. Explain the types with mechanical application from the sports field.
 25. Mechanically analyze any one track or field event of your choice.
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R6923

Sub. Code

721403

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Physical Education

**RESEARCH AND STATISTICS 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. What do you mean by research ethics?
2. Define research.
3. What is grouped and ungrouped data?
4. What is a survey?
5. Explain the frequency table.
6. Explain the meaning of tools of research.
7. Describe tester competency.
8. What is the formula for mode and median?
9. Define probability.

10. Explain line graph.
11. Define research.
12. What is called a case study?

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe histogram, frequency polygon, and ogive curve with suitable examples.
14. Find out the coefficient of correlation,

V1	45	55	65	75	85	95	75	45	55
V2	20	30	40	80	90	100	80	20	30

15. What are the need and importance of related literature?
16. Explain negative skewness.
17. Explain types of correlation.
18. What do you mean by Historical research? Explain the Sources of Historical research.
19. Define Experimental research and write down its need and importance.
20. Calculate quartile deviation, 10, 5, 25, 35, 30.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Briefly explain the classification of research and criteria for the selection of Research problems in the field of physical education and sports sciences.
22. Give a short note for below listed terms:
- (a) Abstract
 - (b) Footnote and Bibliography
 - (c) Equated Group Design
 - (d) Factorial Design.

23. Calculate standard deviation,

X	45	55	65	75	85	95	105	115	125
F	20	30	40	80	90	100	80	20	30

24. Explain different types of statistics.
25. Describe graphical representation and its importance in research.
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R6924

Sub. Code

721504

B.P.Ed. DEGREE EXAMINATION, APRIL – 2022.

Fourth Semester

Physical Education

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

(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 a player.
2. Explain the meaning of spectators and their role in the competition.
3. Define build-up competition.
4. What is the purpose of the third umpire in football?
5. Explain the meaning of ethics in officiating.
6. What is the purpose of a psychologist?
7. Define league tournament.
8. Draw a neat diagram of the handball court and label the areas.
9. Draw a neat diagram of the carom board with all specifications.

10. Explain the badminton racquet in detail.
11. List down the women's events in gymnastics.
12. Write down the brief history of hockey.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Describe the principles of officiating.
14. Discuss the philosophy of a coach.
15. Briefly explain the eligibility rules of inter-collegiate tournaments.
16. Write down the fouls along with signals in volleyball.
17. Describe the pre and post-duties of a coach.
18. Explain the mechanism of officiating in Basketball.
19. Describe the ball in hockey, handball, tennis, and table tennis.
20. Draw a neat diagram of the kho-kho court with all specifications.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Discuss the measure for improving the standards of officiating and coaching.
22. Explain the psychology of competition and coaching.

23. Write down the duties of officials of jump events.
 24. Prepare a model TA and DA bills. Explain the integrity and values of sports.
 25. Mark and calculate the starting stagger for 200 meters in track.
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