

R7449

Sub. Code

811301

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2022

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.

1. Define Strength.
2. Define Physical Fitness.
3. What is Training Plan?
4. Define Load.
5. List down the types of Periodization.
6. Define Super Compensation.
7. Define Resistance Training.
8. Define Agility.
9. What is Cross Training?
10. Define Competition Period.
11. Define Doping.
12. What is Altitude Training?

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Write the characteristics of sports training.
14. Explain the features of load in sports training.
15. Write short note on causes of overload?
16. Elucidate the methods of Interval Training.
17. What in Continuous Method of Training?
18. Draw a model circuit training programme and explain it.
19. Elucidate the types of Stretching Exercise.
20. Write about Dietary Supplements?

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Enumerate the process of load and adaptation.
22. Explain the principles of Sports training.
23. Write about Plyometric Training and suggest a model workout.
24. Explain the types of Periodisation.
25. Explain the list of doping classification and methods.

R7450

Sub. Code

811302

M.P.Ed DEGREE EXAMINATION, NOVEMBER – 2022

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. Define sports medicine.
2. Expansion of PRICE.
3. Define strapping.
4. State the meaning of doping.
5. Mention any two stretching exercises.
6. What is flexion?
7. What is fracture?
8. What is sprain?
9. Mention any two knee injuries.
10. What is contusion?

11. Write any two strengthening exercise for hip.
12. What is strain?

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Elaborate the principles of therapeutic exercises.
14. Briefly explain the isotonic and isometric stretching.
15. Write short notes on free hand exercises.
16. List down the strengthening exercises for shoulder, elbow and wrist.
17. Discuss the preventive aspects for joint stiffness.
18. Explain the role of physical educator in sports medicine.
19. Describe the causes of spinal anomalies.
20. Write a note on relaxation techniques.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

21. Describe the meaning and importance of sports medicine.
22. Narrate the history and classification of doping and explain its preventive measures.
23. Elaborate the stretching exercises for head, neck and spine.

24. Discuss the various stretching exercises for shoulder, elbow, wrist and hand.
 25. Write an essay on lower extremity injuries.
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R7451

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811303

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2022

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 Education.
2. Write the objectives of health education.
3. What is obesity?
4. Mention any two non communicable diseases.
5. State any two types of hygiene.
6. Expansion of UNICEF.
7. State the meaning of sports nutrition.
8. What is balance diet?

9. What is body mass index?
10. Write any two exercises for weight loss.
11. Name any two health organisations.
12. Mention any two objectives of school health service.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Narrate the role of genetics on positive health.
14. Discuss the concept of environmental sanitation.
15. Write short notes on life style management.
16. Discuss the role of nutrition in sports.
17. Prepare a diet plan for weight loss.
18. Write short notes on personal hygiene.
19. Describe the principles of health education.
20. Write a note on adulteration in food.

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks

21. Elaborate the concept of health and determinants of health.
22. Explain the responsibility of individual and community on health.

23. Write an essay on health agencies and organisations.
 24. Describe the role of carbohydrates, fat and protein during exercise.
 25. Narrate the role of diet and exercise in weight management?
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R7452

Sub. Code

811505

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2022

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. What is Balanced Diet?
2. Define 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 safety education?
8. What is hypo- kinetic diseases.
9. Define sports nutrition.
10. What are the fat soluble vitamins?

11. What is weight management?
12. Define Hydration.

Part B (5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. What is the modern concepts of physical fitness and wellness?
14. Write briefly about physical activity and its benefits
15. What are the principles of exercise programme?
16. Write a short note on Balanced dieting.
17. Write short notes on Cardiorespiratory Endurance Training.
18. Differentiate between free weights and machine exercise programmes.
19. Write a short note on aerobics and anaerobic exercises.
20. Explain any three relaxation and Breathing Techniques

Part C (3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. What is the modern concept of physical education and sports and brief about the fitness and wellness?
22. Explain Physical activity and wellness and write the components of fitness?

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. Explain the principles and concepts of Weight Training.
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