

R7791

Sub. Code

811101

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

First Semester

Physical Education

**RESEARCH PROCESS IN PHYSICAL EDUCATION
AND SPORTS SCIENCES**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** objective type questions.

All questions carry equal marks.

1. What are the classification of research
 - (a) Basic, applied and action
 - (b) Exploratory, descriptive and causal
 - (c) Qualitative and quantitative.
 - (d) All of these

2. Co-ordination of the efforts of different people is technically known as
 - (a) Theoretical guidelines
 - (b) Discover a relationship
 - (c) Empirical evidence
 - (d) All of these

3. What is a case study of
 - (a) A research approach
 - (b) A study of one person or group
 - (c) A study of one event
 - (d) All of these

4. What is primary data in research
 - (a) data collected by research
 - (b) data collected by someone else
 - (c) both (a) and (b)
 - (d) none of these

5. Experimental design is the
 - (a) When growth is incomplete
 - (b) Process of carrying out research
 - (c) When growth is difficult to measure
 - (d) When growth is still continuing

6. Experimental research designs are
 - (a) Pre-experimental
 - (b) Quasi - experimental
 - (c) True experimental research
 - (d) All of these

7. Probability sampling refers to
 - (a) Selection of a sample from a pupils
 - (b) Selection of a sample from a population
 - (c) Selection of a sample from a subjects
 - (d) All of these

8. Quota sampling is
- (a) Researchers choose a sample
 - (b) Researchers create a sample
 - (c) Researchers gathering a sample
 - (d) None of these
9. Research proposal
- (a) Proposing a research project
 - (b) Formal document
 - (c) Research topic
 - (d) Topic information
10. What is Bibliography
- (a) List of sources
 - (b) Research paper
 - (c) An assignment
 - (d) A subject book

Part B

(5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Explain the scope of research in physical education.

Or

- (b) Explain the different types of hypothesis.

12. (a) Briefly explain survey study.

Or

- (b) Explain the internal and external Criticism.

13. (a) Explain the types of variables.

Or

(b) Explain the importance of experimental design.

14. (a) Explain the methods of systematic sampling.

Or

(b) Explain the Quota sampling.

15. (a) Explain the method of writing research proposal.

Or

(b) Explain the responsibility of researcher.

Part C

(5 × 8 = 40)

Answer any **five** questions. All questions carry equal marks.

16. Criteria for selection of a good problem.

17. Explain the formulation of testing.

18. Explain the various steps in historical research.

19. Explain the descriptive methods of research in detail.

20. Describe the different types of experimental Design.

21. Explain the probability method of sampling.

22. Write the chapters of dissertation.

23. Explain the ethical issues in research.

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Sub. Code

811102

M.P.Ed DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** objective type questions.

All questions carry equal marks.

1. Physiology mean
 - (a) Study of physical body
 - (b) Study of organs
 - (c) Study of human body functions
 - (d) All of these
2. Functions of skeletal muscles
 - (a) Providing Fitness and movement
 - (b) Responsible for skeletal movements
 - (c) Responsible for skeletal coordination
 - (d) None of these
3. Circulatory system is
 - (a) Circulates blood and lymph
 - (b) Consisting of the heart
 - (c) Transmits fluid
 - (d) All of these

4. Neurons are refers to
- (a) Sensory
 - (b) Motor
 - (c) Interneurons
 - (d) All of these
5. What are the functions of blood
- (a) Transporting oxygen
 - (b) regulating body temperature
 - (c) Nutrients to the lungs and tissues
 - (d) All of these
6. What is mean by blood pressure
- (a) systolic and diastolic blood pressure
 - (b) Blood movements
 - (c) Forces of the heart to pump blood
 - (d) All of these
7. Dead space caused by
- (a) Inadequate oxygen
 - (b) Inadequate hemodynamic resuscitation
 - (c) Air pollution
 - (d) None of these

8. Second wind means
- (a) Out of breath
 - (b) Renewed energy or endurance
 - (c) Fatigued
 - (d) All of these
9. The movements involved in dorsi flexion is very valuable in
- (a) Reduce physical activity
 - (b) Reduce hormone function
 - (c) Reduce chemical reactions
 - (d) Reduce physical activity and hormone function
10. Electrolyte imbalance
- (a) Shortages certain minerals
 - (b) Shortages certain vitamins
 - (c) Shortages water
 - (d) Shortages glucose level

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Explain the importance of exercise physiology.
- Or
- (b) Explain the characteristics of cardiac muscle.
12. (a) Explain the effect of exercise on digestive system.
- Or
- (b) Explain the effect of exercise on neurons.

13. (a) Explain the functions of Blood.

Or

(b) Explain the maintenance of blood pressure.

14. (a) Explain the alveolar ventilation.

Or

(b) Explain the importance of pulmonary capacities.

15. (a) Brief note on high intensity exercise.

Or

(b) Brief notes on phosphate system.

Part C

(5 × 8 = 40)

Answer any **five** questions.

All questions carry equal marks.

16. Explain the structure of skeletal muscle.

17. Explain the effect of exercises on muscular system.

18. Explain the transmission of nerve impulse in details.

19. Explain the effect of exercises on high & low blood pressure.

20. Explain the oxygen debt and oxygen deficit.

21. Explain the minute ventilation at rest and exercises.

22. Explain the aerobic and anaerobic system during rest and exercises.

23. Explain the aerobic metabolism.

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SUB.CODE

811103

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

Physical Education
First Semester
YOGIC SCIENCES
(CBCS-2022 Onwards)

Time: 3 Hours

Maximum: 75 Marks

Part – A

(10 x 1 = 10)

Answer All questions

1. Meaning of Sanskrit word “YUJ”.
a) Asana b) Pranayama c) Yoga d) Mudras
2. How Many steps of Bihar school of yoga in Suryanamaskar.
a) 10 b) 12 c) 13 d) 14
3. Total No. of Nadis.
a) 4 b) 2 c) 3 d) 7
4. Pawanamuktasana series practices from:
a) Bihar school b) B.K.S. Iyengar c) Vivekananda school d) Patanjali yoga
5. Shat Kriyas means _____.
a) Posture b) Lock c) Cleaning Internal organs d) Gesture
6. Types of Trataka.
a) 3 b) 2 c) 5 d) 4
7. Meaning of Mudra.
a) Lock b) Posture c) Gesture d) Asan
8. Uddiyana bandha means:
a) Throat lock b) Chest lock c) Abdominal lock d) Anus lock
9. How many types of Yogic Diet.
a) 4 b) 5 c) 3 d) 7
10. Meaning of Therapy_____
a) Yoga b) Asana c) Treatment d) Medicine

Part – B

(5 x 5 = 25)

Answer all questions choosing either (a) or (b)

11. (a) Explain the various schools of yoga.
(Or)
(b) Explain the History and evolution of Yoga.
12. (a) Explain the types and Techniques of Pawanamuktasana series.
(Or)
(b) Write about the types and Techniques of Chakras.

13. (a) Explain the types and techniques of Nauli.
(Or)
(b) Explain the types, Techniques and benefits of Dhauti.
14. (a) Write the Techniques and benefits of Bandha Mudra.
(Or)
(b) Explain about the Physiological benefits of Mudras.
- 15.(a) Write about the role of Yoga is Sports.
(Or)
(b) Explain the Types, History and Principles of Yogic Diet.

Part – C
Answer any five questions

(5 x 8 = 40)

16. Describe the International Day of Yoga Protocol.
17. Describe the effect of Chakras on various systems.
18. Explain about the effect of Kriyas on various systems.
19. Describe the Physiological and Psychological benefits of Meditation.
20. Describe the effect of Yoga Therapy on various systems.
21. Describe the .sitting arrangements in yoga class
22. Describe the Techniques and benefits of hasta mudra and mana mudra..
23. Explain the satvic diet , rajasic diet and tamasic diet.
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811501

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

First Semester

Physical Education

SPORTS TECHNOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** objective type questions.

All questions carry equal marks.

1. Sports technology means
 - (a) Man-made methods relating to a particular sport
 - (b) Reach human interests
 - (c) Goals in Sports
 - (d) All of these

2. What is the impact of technology on sports
 - (a) Improved training facilities
 - (b) To monitor body activity
 - (c) Personalise training to suit their own needs
 - (d) All of these

3. What is polystyrene
 - (a) Hard and solid plastic
 - (b) Rigid foam material
 - (c) Good plastic
 - (d) Both (a) and (b)

4. Shape memory alloys often called
 - (a) Heavy material
 - (b) Memory metals
 - (c) Iron material
 - (d) None of these

5. Artificial turf made – up of
 - (a) Natural grass
 - (b) Chemical substances
 - (c) Synthetic fibbers
 - (d) All of these

6. Indoor facilities mean
 - (a) Indoor games
 - (b) Recreate activities
 - (c) Small area games
 - (d) Services provided inside a building

7. Importance of computer in sports
 - (a) Help athletes to train
 - (b) Judge athletes performance
 - (c) Both (a) and (b)
 - (d) None of these

8. Advantages of modern sports equipment
 - (a) Improves safety
 - (b) Improves performance
 - (c) Both (a) and (b)
 - (d) None of these

9. Advantages of volleyball serving machine
- (a) Practice drills
 - (b) Improve essential volleyball skills
 - (c) Consistent and work on technique
 - (d) All of these
10. Flood light is an
- (a) High-intensity artificial light
 - (b) LED light
 - (c) Focus light
 - (d) All of these

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Explain the advantages and sports technology.
- Or
- (b) Describe the general principles of sports technology.
12. (a) Explain the construction various play field surfaces.
- Or
- (b) Explain the technology in manufacture of play equipments.
13. (a) Brief notes on nano turf.
- Or
- (b) Brief notes on high density modeling foam.
14. (a) Brief notes and modern types of racquets.
- Or
- (b) Explain the various types of protective equipment.

15. (a) Explain the mechanism of tennis serving machine.

Or

(b) Explain the method of measuring luminous.

Part C

(5 × 8 = 40)

Answer any **five** questions.

All questions carry equal marks.

16. Explain the technological impact of sports.
17. Describe the workflow instrumentation and business aspects of sports technology.
18. Explain the smart sports materials in details.
19. Explain the different surface of play field materials.
20. Explain the use of computer and software in match analysis and coaching.
21. Explain the advantages of clothing and shoes.
22. Explain the advantages of nano technology on sports and equipments.
23. Explain the mechanism and advantages of cricket bowling machine.

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Sub. Code

811502

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

First Semester

Physical Education

**TEST MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** objective type questions.

All questions carry equal marks.

1. Tournament standing serves as adequate standard for establishing.
 - (a) Reliability
 - (b) Validity
 - (c) Objectivity
 - (d) Norms

2. Criteria of test depends upon
 - (a) Reliability
 - (b) Validity
 - (c) Objectivity
 - (d) All of these

3. Test to measure cardio-respiratory endurance
 - (a) JCR test
 - (b) Beep test
 - (c) Harvard step test
 - (d) None of these

4. Standing broad jump measures
 - (a) Strength
 - (b) Explosive power
 - (c) Length
 - (d) All of these
5. 12min run/walk test measures
 - (a) Endurance
 - (b) Speed
 - (c) Strength
 - (d) All of these
6. Number of test items in AAHPERD test
 - (a) 6
 - (b) 5
 - (c) 8
 - (d) 7
7. The measurement of the size and proportion of the human body is called
 - (a) Anthropometry
 - (b) Endomorphy
 - (c) Corrective
 - (d) None of these
8. Anaerobic means
 - (a) With oxygen
 - (b) Without oxygen
 - (c) Both (a) and (b)
 - (d) None of these
9. Soccer skill is measured by
 - (a) Miller test
 - (b) Mc.Donald's test
 - (c) Sports fitness test
 - (d) Dyer Test
10. How to measure Cricket Skill
 - (a) Sutcliff test
 - (b) Fridel Test
 - (c) Johnson ability test
 - (d) All of these

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) How to establishing objectivity.

Or

(b) Explain the administrative consideration test.

12. (a) Explain the JCR test.

Or

(b) Explain the Barrow motor ability test.

13. (a) Explain the Roger physical fitness index.

Or

(b) Explain the Harvard step test.

14. (a) Explain the Margaria Kalamen test.

Or

(b) Explain the methods of measuring triceps.

15. (a) Explain the Brady volleyball test.

Or

(b) Explain the MC-Donald volley soccer test.

Part C

(5 × 8 = 40)

Answer any **FIVE** questions.

All questions carry equal marks.

16. Discuss the scientific authenticity in detail.
17. Explain the need and importance of measurement.
18. Explain the Kraus Weber muscular test.
19. Explain the Origen motor fitness for boys and girls.
20. Explain the AAHPERD health related fitness battery test.
21. Explain the methods of measuring by arm and waist circumference.
22. Explain the Johnson basketball test.
23. Explain the Mor-christain general soccer ability test.
