

R7430

Sub. Code

720303

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

Third Semester

Physical Education

FOUNDATION OF YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Karma yoga is a path to reach moksha through ————
 - (a) Bakthi
 - (b) Wisdom
 - (c) Work
 - (d) Vairagya
2. Who is the father of yoga?
 - (a) Jaggi Vasudev
 - (b) Patañjali
 - (c) Swami Vivekananda
 - (d) Vethathiri Maharishi
3. What is Dharana according to Yoga?
 - (a) Concentration
 - (b) Contemplation
 - (c) Non-stealing
 - (d) Withdrawal of the senses

4. Asteya is called as
(a) Concentration
(b) Contemplation
(c) Non-stealing
(d) Fully surrendering the self to God
5. Dhanurasana is one of the ——— asanas.
(a) Standing asanas (b) Sitting asanas
(c) Supine asanas (d) Prone asanas
6. Bhujangasana is called as
(a) Cobra pose (b) Cat pose
(c) Fish pose (d) Plough pose
7. Prana means
(a) Yoga (b) Vital energy
(c) Exercise (d) Hard work
8. Jalandira Bandha is called as
(a) Root lock
(b) Lifting of the diaphragm lock
(c) All three locks at the same time
(d) Throat Lock
9. ——— is also known as the 'Eyebrow Centre Gazing Technique'.
(a) Asvini Mudra (b) Shambhavi Mudra
(c) Kesari Mudra (d) Yoni Mudra
10. Ujjayi breath regulates
(a) Cooling of the body
(b) Cooling and heating of the body
(c) Heating of the body
(d) No effects

Part B

(5 × 5 = 25)

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

11. (a) Write the historical background of yoga.

Or

- (b) Write the need and importance of yoga.

12. (a) Briefly explain the moral codes of Yama.

Or

- (b) Briefly explain the observances of Nyama.

13. (a) Shortly write the procedure for doing halasana.

Or

- (b) How will you perform salabhasana?

14. (a) Write the benefits of Pranayama.

Or

- (b) Briefly describe the types of Vayus.

15. (a) Short notes on Uttiyana Banda and Sambavi Mudra.

Or

- (b) Short notes on Moola banda and Yoni mudra.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Discuss the types of yoga.

17. Explain about Dharana, Dhyana and Samadhi.

18. Share your experience on the impact of yoga on daily life.

19. Explain the procedure and benefits of doing Bhujangasana and Vajrasana.
 20. Explain the need and importance of pranayama for treating various diseases.
 21. Discuss the six types of Kriyas.
 22. Explain about Bharmari and Shitali Pranayama with procedures.
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R7431

Sub. Code

720304

B.Sc.DEGREE EXAMINATION, NOVEMBER – 2022

Third Semester

Physical Education

TRACK AND FIELD – II

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the radius of each curve marking in 400m standard tracks?
 - (a) 30.50m
 - (b) 50.50m
 - (c) 36.50m
 - (d) 31.64m

2. What are the events using double arc start?
 - (a) 100m and 200m
 - (b) 800m and 1500m
 - (c) 100m H and 400m H
 - (d) 5000m and 10000m

3. What is the marking colour of 200m start?
 - (a) White
 - (b) Yellow
 - (c) Red
 - (d) Green

4. What is the formula for calculating full stagger at 400m track?
- (a) $[W(N-1) - .12]2\pi$ (b) $[W(N-1) - .10]2\pi$
(c) $[W(N-1) - .30]2\pi$ (d) $[W(N-1) - .10]\pi$
5. What is the distance between last hurdless to finishing line in 110m hurdless?
- (a) 9.14m (b) 13.72m
(c) 14.02m (d) 10.5m
6. What is the width of zero line?
- (a) 5cm (b) 1cm
(c) 1.22m (d) 7cm
7. Which event is second day first event in decathlon?
- (a) 400m (b) 400m H
(c) 100m (d) 110m H
8. How many trails are given in each height in high jump event?
- (a) 2 (b) 3
(c) 4 (d) 1
9. What is the Men's 400m world record?
- (a) 43.03s (b) 43.25s
(c) 43.69s (d) 49.58s
10. Name the women's 400m national record holder
- (a) PU Chitra (b) Poovamma
(c) Hema Das (d) V K Valsamma

Part B

(5 × 5 = 25)

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

11. (a) List out all track events for men and women.

Or

- (b) Give details of calculating full and half stagger in 400m track.

12. (a) Explain marking procedure of arc start and double arc start.

Or

- (b) Write difference between standard and non-standard tracks.

13. (a) Draw men's triple jump runway and landing area with measurements.

Or

- (b) Explain tie breaking system in pole-unit.

14. (a) Write the Decathlon order of field events for men and women and when tie occurred how will you break.

Or

- (b) Write event organization rules of combined events.

15. (a) Write tracks events national records for women.

Or

- (b) Write field events Olympic records for men,

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain starting for all track events.
 17. Draw a neat diagram of 200m track with inner raised border and mention 200m and 5000m marking.
 18. Explain violation rules in jumping events.
 19. Explain 6 rules in decathlon events.
 20. Write Olympic and world records in Women's track events.
 21. Explain conducting of pole-vault events for men.
 22. Explain rules of race walking.
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R7432

Sub. Code

720706

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022.

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. _____ explains human relationships and interactions during the time of physical activity.
 - (a) Sports Psychology
 - (b) Sports Sociology
 - (c) Sports Psycho-sociology
 - (d) Sports Socio-psychology

2. What is the expansion of APA?
 - (a) American Psychology Amateur
 - (b) American Physiology Association
 - (c) American Psychological Association
 - (d) American Psychology Association

3. _____ is the dynamic organization within the individual of those psychophysical systems that determine his characteristics behaviour and thought.
 - (a) Emotion
 - (b) Motivation
 - (c) Psychology
 - (d) Personality

4. _____ is called as moral part of the mind.
(a) ID (b) Ego
(c) Superego (d) Personality
5. The principle of _____ states that those things that are most often repeated are the ones that are best remembered.
(a) Law of readiness (b) Law of primacy
(c) Law of exercise (d) Law of effect
6. Bone age can be determined by doing Hand and Wrist radiographs from 3 to 18 years of age.
(a) Skeletal maturity (b) Body proportion
(c) Gender maturity (d) Chronological maturity
7. It creates a communal spirit that brings people together in a cohesive manner.
(a) Sports Psychology
(b) Sports Sociology
(c) Sports Psycho-sociology
(d) Sports Socio-psychology
8. People in all cultures have always engaged in playful physical activities and used human movement as part of their everyday routines and collective rituals.
(a) Sports Psychology
(b) Sports Sociology
(c) Sports Psycho-sociology
(d) Sports Socio-psychology
9. _____ add a unique energy to the game that can be supportive and act as motivators to the respective teams.
(a) Sportsman (b) Coach
(c) Manager (d) Spectators

10. An individual who holds a formal or informal _____ role within a team and influences other group members in the pursuit of common objectives.
- (a) Sportsmanship (b) Leadership
(c) Followership (d) Friendship

Part B (5 × 5 = 25)

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

11. (a) Briefly explain the need and importance of Sports Psychology.

Or

- (b) Write the meaning and definition of Psychology and Sports Psychology.

12. (a) Write the factors affecting the development of personality.

Or

- (b) Write the meaning of personality and emotion.

13. (a) Briefly write the theories of learning with suitable examples.

Or

- (b) Write the age and behavioural characteristics of an individual.

14. (a) Write the influence of family to improve socialization.

Or

- (b) Briefly write the need and importance of sociology.

15. (a) Short note on Sports for better international understanding.

Or

- (b) Short note on behaviour of sportsmen and spectators.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the history of Sports Psychology.
17. Discuss the factors affecting learning and performance.
18. Elaborate the laws of learning with suitable examples.
19. Discuss the learning curve and transfer of learning.
20. Explain the nature and scope of Sports Sociology.
21. Discuss the culture and civilization.
22. Explain the composition and measures of personality.

R7433

Sub. Code

720501

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

Fifth Semester

Physical Education

SPORTS TRAINING

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

Choose the correct answer:

1. A process of preparation for a sports performance is
 - (a) training
 - (b) sports training
 - (c) exercise
 - (d) load

2. IRM means
 - (a) One repetition maximum
 - (b) One repetition minimum
 - (c) One recovery maximum
 - (d) One recovery minimum

3. The ability of a muscle to apply force and overcome resistance is
 - (a) speed
 - (b) endurance
 - (c) strength
 - (d) flexibility

4. The training which is characterized by low intensity and high volume of exercise
 - (a) Basic endurance
 - (b) Speed endurance
 - (c) Strength endurance
 - (d) General endurance
5. The motor procedure for tackling a motor tasks is
 - (a) training (b) skill
 - (c) technique (d) tactics
6. Motor Learning means
 - (a) Reactive method
 - (b) Agility method
 - (c) Tactics training
 - (d) Skills acquisition
7. To achieve the top form in the main competitions means
 - (a) overload (b) fatigue
 - (c) periodisation (d) long term plan
8. Duration of macro cycle is
 - (a) one year (b) 4 months
 - (c) 6 weeks (d) 4 days
9. Fartlek training is given for improving
 - (a) strength
 - (b) flexibility
 - (c) Neuromuscular co-ordination
 - (d) Endurance

10. Strength endurance can be developed with
- (a) Circuit training
 - (b) Weight training
 - (c) Plyometric training
 - (d) Strength training

Part B (5 × 5 = 25)

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

11. (a) Discuss about the history of sports training.
- Or
- (b) Write down the aims and characteristics of sports training.
12. (a) What are the types of motor components?
- Or
- (b) How to develop the speed?
13. (a) Define the terms technique and tactics.
- Or
- (b) Mention the causes and errors in technical preparation.
14. (a) Define periodization and write down the importance
- Or
- (b) What are the types of competitions?
15. (a) Explain the motor development in adolescence age.
- Or
- (b) How the sex difference an implicate in training period?

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the principles of sports training.
 17. Describe the means and methods of developing strength.
 18. Define tactics and explain the methods of tactical development.
 19. Illustrate the types of periodization.
 20. Enumerate the training and peaking of performance during different ages.
 21. Explain factors affecting load.
 22. Describe the means and methods of developing endurance.
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R7434

Sub. Code

720502

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

Fifth Semester

Physical Education

**RESEARCH METHODOLOGY AND STATISTICS IN
PHYSICAL EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

Choose the correct answer.

1. The Research for studying practical problems and finding a solution to it is
 - (a) Basic Research
 - (b) Applied Research
 - (c) Experimental Research
 - (d) Fundamental Research

2. Official records, Personal records and Pictorial records are
 - (a) Primary sources (b) Secondary sources
 - (c) Natural sources (d) Reviews

3. In Research, Hypothesis means
 - (a) An intelligent guess
 - (b) A tentative solution to the problem
 - (c) Answer to the question
 - (d) Fact

4. The factors which are not under the control of the investigator is called
- (a) Limitations (b) Delimitations
(c) Hypothesis (d) All of three
5. Which is not a measure of Central Tendency?
- (a) Mean (b) Median
(c) Mode (d) Standard deviation
6. Experimental research aims at
- (a) What was? (b) What is?
(c) What will be? (d) What has been?
7. Which of the following is related to the probability sampling?
- (a) Quota sampling
(b) Stratified sampling
(c) Accidental sampling
(d) Deliberative sampling
8. The type of closed form of questionnaire is
- (a) free response
(b) check response
(c) short response
(d) open response
9. The test of significance used for comparing two means is
- (a) chi-square (b) *t*-test
(c) *f*-test (d) correlations

10. The formula for calculate mean is

(a) $Am + \left(\frac{\sum fd}{N}\right)i$

(b) $\sqrt{\frac{\sum fd^2 - (\sum fd)^2}{N}}$

(c) $Am + \left(\frac{\sum X^2 - (\sum X)^2}{N}\right)i$

(d) $\frac{Q_3 - Q_1}{N}$

Part B

(5 × 5 = 25)

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

11. (a) Write down the meaning and definition of Research.

Or

(b) Mention the nature and characteristics of Research.

12. (a) Discuss about the case study.

Or

(b) What is meant by Footnote?

13. (a) What are types of Statistics?

Or

(b) Write short note on Histogram.

14. (a) Calculate rank order correlation

A	52	57	59	72	60	80
B	54	56	62	75	63	73

Or

(b) Calculate Mean and Median for the following data :

17, 11, 16, 15, 26, 49, 39, 29,
14, 21, 31, 38, 43, 33, 27, 25

15. (a) Discuss the characteristics and uses of measures of validity.

Or

(b) Discuss about Frequency polygon.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Elaborate the criteria in selecting the research problem.
17. Describe the organization of thesis report.
18. Illustrate the types of statistics.
19. Calculate the mean and median from the following scores

C.I.	125-129	130-134	135-139	140-145
<i>f</i>	1	3	7	9
C.I.	145-149	150-154	155-159	160-164
<i>f</i>	8	11	6	4

20. Describe the need and importance of Statistics in Physical Education.
21. Enumerate the types of Hypothesis.
22. Explain the nature and characteristics of research.

R7435

Sub. Code

720503

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

Fifth Semester

Physical Education

METHODS OF PHYSICAL EDUCATION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

Choose the correct answer:

1. Which of the class formation is suitable for teaching physical education?
 - (a) Line
 - (b) Semicircle
 - (c) Circle
 - (d) Square

2. Imitation method is suitable for _____pupils.
 - (a) Primary schools
 - (b) Middle schools
 - (c) High schools
 - (d) College

3. Shortest pupils must stand at your _____side.
 - (a) left
 - (b) right
 - (c) any
 - (d) back

4. Radio listening is _____ aid.
(a) audio (b) visual
(c) audio visual (d) cinematography
5. Intramural competitions are conducted _____
the institutions.
(a) Between (b) Within
(c) By (d) For
6. Pre-meet work is done _____a tournament
(a) before (b) during
(c) after (d) in
7. Particular lesson plan is developing
(a) strength (b) skill
(c) fitness (d) tactics
8. Dispersal relates _____ part.
(a) end (b) general
(c) recreation (d) particular
9. Out station teams are brought to
(a) second round (b) quarter finals
(c) semi finals (d) finals
10. In knock out tournaments teams are
(a) eliminated (b) given byes
(c) seeded (d) defeated

Part B

(5 × 5 = 25)

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

11. (a) How will you choose subject matter in a physical education?

Or

- (b) Write about learning by doing.

12. (a) Define the term “Teaching -aid”.

Or

- (b) What is the purpose of audio visual aids?

13. (a) Mention the steps in class management.

Or

- (b) Write down the advantages of lesson plan.

14. (a) Define the terms “Intramurals and extramurals”.

Or

- (b) Discuss about the objectives of “Intramurals and extramurals”.

15. (a) What is meant by tournament?

Or

- (b) Write short note on Bagnall wild method.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the factors that influencing methods of teaching in physical education.
17. Explain the types of audio-visual aids.

18. Explain a general lesson plan for VI std students.
 19. Explain the principles of Intel institutional competition.
 20. How do draw the fixtures for 29 teams in seeding methods.
 21. Describe the principles of class management.
 22. Explain the principles of teaching and learning.
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R7436

Sub. Code

720504

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

Fifth Semester

Physical Education

**ORGANIZATION AND ADMINISTRATION IN PHYSICAL
EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Who is the authority of academic program in school
_____?
 - (a) Secretary
 - (b) Headmaster
 - (c) Physical education
 - (d) Chairman

2. Who is the president of the all zones for the Inter
collegiate sports and games?
 - (a) University director of physical education
 - (b) Physical director
 - (c) Physical education teacher
 - (d) Assistant physical director

3. In which Post will be appointed an IAS officer
_____.
- (a) Director of sports and youth services
 - (b) District Educational Officer
 - (c) Regional Inspector of physical Education
 - (d) District Sports Officer
4. Who is the president of the Divisional Inter School Athletic Association?
- (a) DEO
 - (b) CEO
 - (c) RIPE
 - (d) DSO
5. Who is the administrative and supervisory for academic side in all schools?
- (a) Chief Inspector of physical Education
 - (b) District Educational Officer
 - (c) Regional Inspector of physical Education
 - (d) District Sports Officer
6. Who is the president of the District Inter School Athletic Association?
- (a) DEO
 - (b) CEO
 - (c) RIPE
 - (d) DSO
7. Who plans the program of physical education in school?
- (a) Secretary
 - (b) Headmaster
 - (c) Chairman
 - (d) Physical education
8. Which surface is to maintain the watering cost in high?
- (a) Sand
 - (b) Bituminous
 - (c) Turf
 - (d) Concrete

9. Kho-Kho Court should be marked by
- (a) East –West (b) North – South
(c) North – West (d) South – East
10. In Italian word the 'Manager' means
- (a) To use carefully (b) To handle
(c) To bring out (d) To manage

Part B

(5 × 5 = 25)

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

11. (a) Short notes on Management.
- Or
- (b) Brief about the Evaluation.
12. (a) Write a note on Planning.
- Or
- (b) Write down the short term of Staffing.
13. (a) Explain the organization chart of physical education programme in college?
- Or
- (b) Explain the organization chart of physical education programme in school?
14. (a) How to maintenance the play ground?
- Or
- (b) Explain the various locations of play fields.
15. (a) Write about the types of equipment.
- Or
- (b) List out the registers and draw the stock registers.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain prepare a model budget for our College annual sports day.
 17. Describe the facilities and standards in physical education.
 18. Draw a neat organization chart for physical education program in School.
 19. Describe the organizational chart for physical education programme in state.
 20. Explain the importance of sports organizations.
 21. Draw a neat organization chart for physical education program in State.
 22. Discuss Sports Management Services.
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B.Sc., DEGREE EXAMINATION, NOVEMBER – 2022**FIFTH SEMESTER****ADAPTED PHYSICAL EDUCATION****(CBCS-2019 onwards)****Time: 3 Hours****Maximum:75 Marks****PART – A****(10x1=10)****Answer All Questions**

1. -----the art and science of developing, implementing, and monitoring a carefully designed physical education instructional program for a learner with a disability
 - (a) Adapted Physical Education
 - (b) General Education
 - (c) Physical Education
 - (d) Education
2. To Learn game rules and strategies.
 - (a) Aim
 - (b) Meaning
 - (c) Definition
 - (d) Importance
3. Disabilities that inhibit the physical function of one or more limbs of a certain person.
 - (a) Physical Disabilities
 - (b) Mental retardation
 - (c) Visual Impairment
 - (d) Hearing Impairment
4. When sound enters the ear normally, but because of damage to the inner ear or the hearing nerve,.
 - (a) Physical Disabilities
 - (b) Mental retardation
 - (c) Visual Impairment
 - (d) Hearing Impairment
5. Teachers of adapted education have great responsibility as well as an usual opportunity
 - (a) Principles
 - (b) Objectivity
 - (c) Aim
 - (d) Importance
6. Unified Sports
 - (a) Special Olympic Bharat
 - (b) Ancient Olympic
 - (c) Modern Olympic
 - (d) Summer Olympic
7. Sipda scheme in introduce
 - (a) 1995
 - (b) 1959
 - (c) 1999
 - (d) 1955
8. How many types disabilities in India
 - (a) 21
 - (b) 25
 - (c) 18
 - (d) 15
9. Chronic mental illness to reach their optimal level
 - (a) Psychological Rehabilitation
 - (b) Physical Rehabilitation
 - (c) Physiological I Rehabilitation
 - (d) Anthropometric Rehabilitation

10. Helps to minimize or slow down the disabling effects of chronic health conditions
(a) Rehabilitation (b) Fitness (c) Wellness (d) Health

PART – B

(5x5=25)

Answer All Questions, Choosing either a (or) b

11. a. Write aim and objectives adapted Physical Education
(or)
b. Briefly explain quality and qualification of adapted Physical Education Teacher.
12. a. Write specific guidelines for visual impairment.
(or)
b. Write short notes on Behavioral disorders.
13. a. What are the principles for adaption of motor activities.
(or)
b. Write short notes on Government welfare programme
14. a. Briefly explain outdoor programmes for disabled.
(or)
b. Briefly explain aquatic activity programme for disabled
15. a. Brief about the importance of aquatic activity.
(or)
b. Write short notes on functional rehabilitation

PART – C

(5x8=40)

Answer Any FIVE Questions

16. Enumerate the role of Physical Education in adapted Physical Education
17. Elucidate the brief historical review of adapted Physical Education
18. Explain guiding principles of adapted Physical Education programme
19. Explain the importance activity for disabled.
20. Short notes on
a) Aquatic Activity b) Creative development hobby and culture
21. Enumerate the Importance of adapted programme in rehabilitation
22. Illustrate “Psychological rehabilitation” and explain its procedure
-