

R7445

Sub. Code

721301

B.P.ED DEGREE EXAMINATION, NOVEMBER – 2022

Third Semester

Physical Education

SPORTS TRAINING

(CBCS – 2019 onwards)

Time : Three Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Definition of sports training.
2. Meaning of Periodization.
3. Define Speed.
4. Write any two types of Periodization.
5. Define intensity.
6. Training load.
7. What is the plan?
8. What is the peak performance?
9. Type of strength.
10. Definition of flexibility.
11. Methods of technique.
12. Definition of endurance.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Aims and objectives of sports training.
14. Endurance and methods of endurance development.
15. Explain the methods of speed development.
16. Meaning and methods of technique training.
17. Briefly explain preparatory period.
18. Explain the training load and overload.
19. Types of periodization.
20. Meaning and methods of ergogenic aids.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Briefly explain the scientific principles of sports training.
22. Explain the Principles of intensity and volume of stimulus.
23. Meaning of coordination and methods of coordinative abilities.
24. Briefly explain the Planning training season.
25. Explain the Meaning and methods of tactical training.

R7446

Sub. Code

721302

B.P.ED DEGREE EXAMINATION, NOVEMBER – 2022

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. Meaning of computer application.
2. Types of communication.
3. What is information?
4. Define M.S. Access.
5. What is Formatting?
6. Write about MS Excel.
7. Benefits of editing.
8. Define ICT.
9. MS-Publisher 2010 explain.
10. Hight understanding charts explain.

11. What do you mean by Queries?
12. Designing invitations explain.

Part B

(5 × 5 = 25)

Answer any **five** questions

13. Explain the Need and importance of information and communication technology.
14. Write short notes on applications of computer in physical education.
15. Explain the benefits of M.S. word.
16. Write the file-format and editing features in PowerPoint slide show.
17. Write the page setup and paragraph alignment.
18. Explain the basics of M.S Excel.
19. Explain the broacher and certificate.
20. Explain the creating a database and table.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Write the steps and procedures of creating, saving and opening a document.
22. Write the preparation of power point presentation.
23. Briefly explain the Formatting and editing features.

24. What is MS Power point and write the importance of MS Power point.
 25. Briefly explain the forms and report on tables and its uses in physical education.
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R7447

Sub. Code

721303

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2022.

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(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 nature of psychology?
2. Define heredity.
3. What is intrinsic motivation?
4. Explain the terms stress and anxiety.
5. What are customs?
6. List down the festivals in physical education.
7. Define a group.
8. Explain the meaning of culture with suitable examples.
9. What do you mean by lifestyle?
10. Explain the term conation with an example.

11. Define aggression.
12. Explain the alpha stage of mind.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Discuss the relationship between heredity and environment.
14. Explain the scope of sports psychology.
15. Describe the laws of learning.
16. What is the relationship between tradition and customs?
17. Discuss the questionnaire method and its credentials.
18. List down and explain any one mental preparation strategy.
19. Describe individual differences and their importance in sports.
20. Write down the characteristics of personality.

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Write down the characteristics of any three stages of growth and development.
22. Explain in detail the factors influencing motivation and its impact on sports performance.
23. Describe the means and method of socialization through sports.

24. What are the effects of culture on peoples' lifestyle and explain interview method.
 25. Explain the characteristics of the mind.
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R7448

Sub. Code

721503

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2022.

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. What do you mean by the Personal qualifications of a teacher?
2. Explain the meaning of curriculum design.
3. Define focalization.
4. What do you mean by individualization in curriculum construction?
5. Describe the meaning of the rubric method.
6. Explain the importance of teaching practice.
7. Write down the role of library hour.
8. Briefly explain curriculum for second standard level.
9. What is the meaning of professional preparation?

10. List down equipment required in a physical education class.
11. How to plan for curriculum for 5th standard?
12. Explain the meaning of socialization.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain the need of curriculum design.
14. Discuss the role of a teacher in curriculum design.
15. Describe the principles of curriculum design according to the need of the students.
16. What are the different methods of teaching?
17. Briefly explain the special resources for the library.
18. What steps you would take to design the curriculum for the 9th to 10th standard?
19. Write down the factors affecting the curriculum.
20. What are the state policies in curriculum design?

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Describe the different types of curriculum design.
22. Discuss the steps in curriculum construction.

23. Explain the old and new concepts of curriculum planning.
 24. How will you prepare professional preparation at the undergraduate level?
 25. Write a note on the curriculum for primary and upper primary.
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