| R8162 | | Sub. Code |
|---|---|---|
| | | **721201** |

**B.P.Ed. DEGREE EXAMINATION, APRIL – 2023**

**Second Semester**

**YOGA EDUCATION**

**(CBCS – 2022 onwards)**

Time : 3 Hours                                Maximum : 75 Marks

**Part A**                    (10 × 2 = 20)

Answer **all** questions.

1.    What is the meaning of yoga?

2.    What is the meaning of Jnana yoga?

3.    What is Pratyahara according to yoga?

4.    Short note on Asteya.

5.    Write any two benefits of Bhujangasana.

6.    Define Prana.

7.    What is the meaning of Uddiyana Bandha?

8.    Short note on Chin mudra.

9.    Write about the Rajasic diet.

10.    What is the meaning of Nadis?

**Part B**  $(5 \times 5 = 25)$

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

11. (a) Write the scope of yoga.

Or

(b) Short note on Yoga in early Upanishads.

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

Or

(b) Briefly explain the observances of Dhyana.

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

Or

(b) How will you perform salabhasana?

14. (a) List out the Yoga Education Centers in India.

Or

(b) Briefly describe competitions in yogasana.

15. (a) Briefly write about the Yogic diet.

Or

(b) Short notes on gunas and nadis.

2

R8162

Answer any **three** questions.

16. Discuss the need and importance of yoga in Physical Education and Sports.

17. Explain the eight limbs of yoga.

18. Explain the need and importance of pranayama for treating various diseases.

19. Discuss the difference between yogic practice and physical exercise.

20. Explain about yogic diet.

————————

| R8163 | | Sub. Code |
|---|---|---|
| | | **721202** |

## B.P.Ed. DEGREE EXAMINATION, APRIL – 2023

### Second Semester

## EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

### (CBCS – 2022 onwards)

Time : 3 Hours          Maximum : 75 Marks

**Part A**          $(10 \times 2 = 20)$

Answer **all** questions.

1. Define Education.

2. List out the educative devices.

3. What is the meaning of the command method?

4. Short note on the whole – part – whole method.

5. What is the meaning of teaching aid?

6. Short note on e – learning.

7. What is the meaning of Micro teaching?

8. Short note on simulation.

9. Define Evaluation.

10. Write about score card.

**Part B** $(5 \times 5 = 25)$

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

11. (a) Write the need and importance of Education Technology.

Or

(b) Write about Educative process.

12. (a) Briefly explain about teaching procedure.

Or

(b) Write about the importance of Presentation technique.

13. (a) Briefly explain the importance of teaching aid.

Or

(b) Write about principles of team teaching.

14. (a) List out the types of micro teaching.

Or

(b) Briefly write about Simulation technique.

15. (a) Write about the evaluation system of teaching.

Or

(b) Short notes Digital evaluation.

2 R8163

Answer any **three** questions.

16. Explain the types of Education.

17. Explain the types of teaching techniques.

18. Explain the difference between teaching methods and teaching aids.

19. Discuss the types of lesson plan.

20. Explain the nature and procedures of Evaluation.

————————

| R8164 | Sub. Code |
|---|---|
| | **721203** |

# B.P.Ed. DEGREE EXAMINATION, APRIL – 2023

## Second Semester

## HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

### (CBCS – 2022 onwards)

Time : 3 Hours　　　　　　　　　Maximum : 75 Marks

**Part A**　　　　　　(10 × 2 = 20)

Answer **all** questions.

1. Define Health?

2. Write the expansion of WHO.

3. What is the meaning of communicable diseases?

4. Short note on sanitation.

5. Define Environmental Science.

6. What is the meaning of recycling?

7. List out the natural resources.

8. Short note on thermal pollution.

9. Write about health appraisal.

10. Write about nutritional service.

**Part B**　　　　　　(5 × 5 = 25)

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

11. (a) Write the aims and objectives of Health Education.

Or

(b) Write about the Health Bodies in India.

12. (a) Discuss the problems of non-communicable diseases.

Or

(b) Write about environmental sanitation.

13. (a) Briefly explain the historical background of Environmental Education.

Or

(b) Write the role of school in environmental conservation?

14. (a) Write about Water pollution.

Or

(b) Briefly write about land resources.

15. (a) Write about the need and importance of school health service.

Or

(b) Short notes school health record.

**Part C** (3 × 10 = 30)

Answer any **three** questions.

16. Explain the principles of Health Education.

17. Explain the promotion of health in Physical Activities in India.

18. Explain the need and importance of environmental education.

19. Discuss the role of Pollution Board.

20. Explain the role of Health Education in schools.

————————

2 **R8164**

| R8165 | | Sub. Code |
|---|---|---|
| | | **721503** |

**B.P.Ed. DEGREE EXAMINATION, APRIL – 2023**

**Second Semester**

**Physical Education**

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION**

**(CBCS – 2022 onwards)**

Time : 3 Hours                           Maximum : 75 Marks

**Part A**                    $(10 \times 2 = 20)$

Answer **all** questions.

1.  Define fitness.

2.  Write the aim of wellness.

3.  Define aerobic exercise.

4.  What is mean by repetition?

5.  Short note on vitamins.

6.  Short note on water.

7.  Write the concept of BMI.

8.  Write the causes of obesity.

9.  Short note on safety education.

10. Write any two important of safety education.

**Part B** $(5 \times 5 = 25)$

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

11. (a) Explain the importance of fitness and wellness.

Or

(b) Explain the types of fitness and wellness.

12. (a) Explain the principles of programme.

Or

(b) Explain the concept free weight vs machine.

13. (a) Brief notes on carbohydrate.

Or

(b) Brief notes on minerals.

14. (a) Explain the myths of sports reduction.

Or

(b) Explain the health risks associated with obesity.

15. (a) Explain the safety measurement techniques.

Or

(b) Explain the importance of safety education.

**Part C** $(3 \times 10 = 30)$

Answer any **three** questions.

16. Explain the physical activity and health benefits of fitness and wellness.

17. Explain the exercises and heart rate zones for various aerobic exercise intensities.

2     **R8165**

18. Explain the daily caloric requirement and expenditure.

19. Explain the dieting versus exercise for weight control.

20. Explain the modern approaches of teaching physical education.

————————

**R8165**