

R8143

Sub. Code

7204T1/
7244T1

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Physical Education/Yoga

TAMIL – IV

(Common for B.Sc. Physical Education/B.Sc. Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

அனைத்து வினாக்களுக்கும் விடையளி.

1. கணியன் பூங்குன்றனார் எழுதிய சிறப்புமிக்கப் பாடல் இடம்பெறும் நூல்
(அ) கலித்தொகை (ஆ) புறநானூறு
(இ) அகநானூறு (ஈ) ஐங்குறுநூறு
2. அதியமானுக்கு அறிதாய் கிடைத்த கனி எது?
(அ) ஆப்பிள் (ஆ) ஆரஞ்சு
(இ) நெல்லி (ஈ) மாம்பழம்
3. ஐங்குறுநூற்றில் “நண்டு” – என்பதன் வேறு பெயர்?
(அ) கள்வன் (ஆ) களவன்
(இ) மன்மதன் (ஈ) அழகன்
4. “பெய்யாமொழி புலவர்” என்று அழைக்கப்படுபவர் யார்?
(அ) கபிலர் (ஆ) நக்கீரர்
(இ) திருவள்ளுவர் (ஈ) கல்கி

5. “ஆலும் வேலும் பல்லுக்கு உறுதி
நாலும் இரண்டும் சொல்லுக்கு உறுதி” – என்ற பழமொழி இடம்
பெறும் நூல் ?
- (அ) திருக்குறள் (ஆ) நாலடியார்
(இ) ஏலாதி (ஈ) சிறுபஞ்சமூலம்
6. ஐந்து நூறு பாடல்களை கொண்ட அகநூல் எது ?
- (அ) புறநானூறு (ஆ) அகநானூறு
(இ) ஐங்குறுநூறு (ஈ) கலித்தொகை
7. நா-பார்த்த சாரதி எழுதிய புதினத்தின் பெயர் ?
- (அ) தீ விரல் (ஆ) கொங்கை தீ
(இ) நாடகங்கள் (ஈ) குறிஞ்சி மலர்
8. எட்டுத் தொகை நூல்களில் அக நூல்கள் எத்தனை ?
- (அ) 4 (ஆ) 5
(இ) 3 (ஈ) 2
9. பரிபாடல் எவ்வகை இலக்கியம் ?
- (அ) அகம் (ஆ) புறம்
(இ) அகம், புறம் (ஈ) இவையேதுமில்லை
10. “மலைபடுகடாம்” என்ற நூலின் வேறு பெயர் என்ன ?
- (அ) கூத்தராற்றுப்படை
(ஆ) புலவராற்றுப்படை
(இ) பெருநர் ஆற்றுப்படை
(ஈ) பெருபாண் ஆற்றுப்படை

அனைத்து வினாக்களுக்கும் விடையளி.

11. (அ) சேரமான் “பெருஞ்சோற்றிட்டு நடுவுநிலை புரிந்தான்” என்ற கூற்றுப்பற்றி விளக்குக.

(அல்லது)

- (ஆ) சேரமானின் கொடைப் பண்பினை சுட்டுக.

12. (அ) அதியமான் தான் நீண்ட நாள் வாழ்வதை விட ஒளவையார் நீண்ட நாள் வாழ வேண்டும் என்று ஏன் விரும்பினான் தெளிவுபடுத்துக?

(அல்லது)

- (ஆ) ஒளவையார் தமிழ்மொழி மீது கொண்டிருந்த பற்றினை எடுத்தியம்புக.

13. (அ) “சான்றோர்கள் தவறுகள் செய்யலாகாது” என்பதை ஐங்குறுநூறு பாடல்கள் வழி குறிப்பிடுக.

(அல்லது)

- (ஆ) நண்டுகள் மருத நிலத்தில் செய்த இடையறுகளைக் காட்சிப்படுத்துக.

14. (அ) ஆட்டனத்தியைப் பிரிந்த ஆதிமந்தியான் பிரிவுத் துயரைச் சுட்டுக.

(அல்லது)

- (ஆ) தலைவி தன் காதலை தோழியிடம் எடுத்துச் சொல்லிய பாங்கை குறுந்தொகைப் பாடல்கள் வழி விளக்குக?

15. (அ) உடன் போக நின்ற தலைவனின் நிலையை பெருங்கடுங்கோ எவ்வாறு புலப்படுத்துகிறார்?

(அல்லது)

- (ஆ) தலைவியின் காதல் மிகுதியைப் பற்றி நற்றிணை பாடல்கள் எங்ஙனம் எடுத்துரைக்கிறது?

ஏதேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. செல்வ நிலையாமை குறித்து நாலடியார் சுட்டும் கருத்துக்களைத் தொகுத்துரைக்க.
17. மருத நிலத்தின் வளமையைக் கட்டுரை வடிவில் காட்சிப்படுத்துக.
18. பிரிதோர் உயிரை அழித்து உண்பதால் ஏற்படும் இன்னல்களைப் பற்றி எடுத்துரைக்க.
19. எட்டுத்தொகை நூல்கள் பற்றி கட்டுரை வரைக?
20. நா.பார்த்த சாரதியின் நாவல் சுட்டும் சமூக யதார்த்தத்தை விரித்துரைக்க.
21. நாலடியார் கூறும் அறக்கருத்துக்கள் இன்றைய வாழ்வில் பொருந்துமா? ஆராய்க.
22. தமிழர்களின் வீர விளையாட்டுகள் பற்றி கட்டுரை வரைக.

R8144

Sub. Code
7204E1/7244E1

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Physical Education/Yoga

ENGLISH FOR EFFECTIVE COMMUNICATION – IV

(Common for B.Sc. Physical Education / B.Sc. Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. _____ prior to an important meeting or presentation will help to settle your nerves
 - (a) Preparing
 - (b) Entertainment
 - (c) Amuse
 - (d) Leisure
2. Avoiding _____ thoughts is a first thing to promote your self confidence
 - (a) Negative
 - (b) Positive
 - (c) Plus
 - (d) Optimistic
3. A job application / official letter is also known as a _____ letter
 - (a) Cover
 - (b) Back
 - (c) Personal
 - (d) Informal

4. Biodata must contains all _____ information
- (a) Factual (b) Personal
(c) Informal (d) Both (b) and (c)
5. Cover letter must be within _____ page
- (a) One (b) Two
(c) Three (d) Four
6. A resume is a _____ summary of personal and professional experiences
- (a) Brief (b) Long
(c) Lengthy (d) Both (b) and (c)
7. The ultimate purpose of resume is to reflect your _____ to potential employers.
- (a) Best self (b) Worst self
(c) Hobbies (d) Both (b) and (c)
8. “interview” means a _____ conversation between an interviewer and an interviewee
- (a) One – on – one (b) One – on – two
(c) Many (d) Group
9. Group or peer interviews are when an employer has _____ candidate’s interview together.
- (a) Multiple (b) Single
(c) One to one (d) Both (b) and (c)

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Write the Do and Don'ts in developing a job communication.
 17. Write a sample job application letter for the post of Physical Education Teacher.
 18. Design your own Curriculum Vitae.
 19. Prepare your own resume.
 20. Explain the strategies of interview.
 21. Elucidate the characteristics of the job interview.
 22. How to develop your job communication skills?
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R8145

Sub. Code

720403

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Physiology is a Science that deals with the
 - (a) Structure of various organ of human body
 - (b) function of various organ of human body
 - (c) human body
 - (d) structure and function of human body

2. Silding filament theory explain the _____
 - (a) Muscular contraction
 - (b) Nerve impulse
 - (c) Muscular fatigue
 - (d) Muscle Fibre

3. Metabolism is define as ____ take place in body
 - (a) enegry
 - (b) bio-mechanical
 - (c) Chemical energy
 - (d) heat

4. Vita capacity normal value is _____
(a) 5 litres (b) 4 litres
(c) 3 litres (d) 9 litres
5. Systole_____
(a) A period of contraction
(b) A period of relaxation
(c) A period of rest
(d) Cardiac cycle
6. How many calories are in (1gm) single carbohydrate
(a) 4 Calories (b) 4.2 Calories
(c) 9 Calories (d) 7 Calories
7. The Muscle present in the heart is called
(a) Skeletal muscle (b) Smooth muscle
(c) Cardiac muscle (d) none of these
8. Functions of living organism is called
(a) Anatomy (b) Physiology
(c) Kinesiology (d) Psychology
9. Normal heart beat for Adult is
(a) 70-80 bt/min (b) 40-60 bt/min
(c) 110-120 bt/min (d) 55-65 bt/min
10. During rest the alveoli ventilated per minute is
(a) 6.2 litres (b) 3.2 litres
(c) 4.2 litres (d) 5.2 litres

Part B

(5 × 5 = 25)

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

11. (a) Brief about the scope of exercise physiology

Or

- (b) Define aerobic metabolism.

12. (a) Brief the Sprain and Strain.

Or

- (b) Write a short notes on function of skeletal muscle.

13. (a) Give an account on the lung volumes.

Or

- (b) Describe the stroke volume.

14. (a) Brief about the cardiac output.

Or

- (b) Illustrate the heart rate.

15. (a) Explain the vital capacity.

Or

- (b) Clarify the motor units.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the types of muscle fibres and their physical properties.
17. Elucidate the effects of exercises and training muscular system.
18. Elaborate the Ventilation during exercise.

19. Describe the effects of exercises on respiratory system.
 20. Explain the effects of exercise on circulatory system.
 21. Explain about the effect of nervous system.
 22. Explain the need and importance of exercise physiology.
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R8146

Sub. Code

720404

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Physical Education

THEORIES OF SPORTS AND GAMES – II

**(KABADDI, KHO-KHO, TENNIS, BADMINTON,
CRICKET)**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The game of the Kho-Kho shall be started by
 - (a) score
 - (b) umpire
 - (c) time-keeper
 - (d) referee
2. Origin of Kho-Kho is
 - (a) Bombay
 - (b) Delhi
 - (c) Calcutta
 - (d) Punagymkana
3. The governing body of international cricket
 - (a) BCCI
 - (b) ICC
 - (c) IPC
 - (d) BPCI

4. Height of the stump is
(a) 1.20 m (b) 71 cm
(c) 80 cm (d) 75 cm
5. Tennis was included first time in the Olympic games in _____
(a) 1988 (b) 1994
(c) 2002 (d) 2012
6. The weight of the tennis ball is _____
(a) 54 – 55 g (b) 56 – 59 g
(c) 53 – 55 g (d) 47 – 50 g
7. The width of the lobby in Kabaddi Court is
(a) 1.25 (b) 1.00 m
(c) 1.75 m (d) 1.20 m
8. What is the duration of time out in Kabaddi?
(a) 30 sec (b) 20 sec
(c) 60 sec (d) 50 sec
9. How many feathers in Cock?
(a) 14 (b) 16
(c) 18 (d) 12
10. What is the height of the post?
(a) 1.57 (b) 1.55
(c) 1.56 (d) 1.54

Part B

(5 × 5 = 25)

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

11. (a) Explain the history of Kho–Kho.

Or

- (b) Explain the history of Tennis.

12. (a) Draw the layout and markings of Badminton.

Or

- (b) Draw the layout and markings of Tennis.

13. (a) Write a short notes on General and specific warm up.

Or

- (b) Write a short notes on General and specific warm down.

14. (a) Narrate about the basic skills in the Kabaddi.

Or

- (b) Narrate about the basic skills in the Badminton.

15. (a) Briefly explain the signals in Cricket.

Or

- (b) Briefly explain the signals in Tennis.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the History and development of Cricket.

17. Draw a neat diagram of Kho-Kho Court with specification.

18. Explain the Essential Fitness Components.
 19. Explain the Basic Skills and its drills in the Kho-Kho.
 20. Describe the Mechanism of officiating in the Kabaddi.
 21. Explain the scoring system of Cricket.
 22. Draw a neat diagram and explain the signals of Cricket.
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R8147

Sub. Code

720707

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Fourth Semester

Physical Education

**Elective- HEALTH EDUCATION, SAFETY EDUCATION
AND FIRST AID**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. “A state of complete physical, mental and social well-being and not the mere absence of disease or infirmity”. The definition was given by
 - (a) UNESCO
 - (b) WHO
 - (c) IAAF
 - (d) Health society

2. _____ is the invasion of a host organism’s body tissues by disease-causing agents.
 - (a) Infection
 - (b) Immunity
 - (c) Disease
 - (d) Health

3. Communicable disease.
 - (a) Obesity
 - (b) Cardiovascular disease
 - (c) Diabetes
 - (d) Malaria

4. _____ health is revealed by his behaviour, speech and appearance.
- (a) Physical health
 - (b) Mental health
 - (c) Social health
 - (d) Spiritual health
5. Malaria is caused by a parasite called
- (a) Plasmodium (b) Variola
 - (c) Paramyxovirus (d) Salmonella
6. The condition and practices that help to maintain health and prevent the spread of disease is called as
- (a) Health
 - (b) Health Education
 - (c) Hygiene
 - (d) Environmental studies
7. Anatomical discontinuity of the bone is called as
- (a) Strain (b) Sprain
 - (c) Fracture (d) Dislocation
8. Sharp object piercing the skin is called as
- (a) Laceration wound
 - (b) Puncture wound
 - (c) Avulsion
 - (d) Incision wound
9. In the term "RICER", 'E' denotes _____
- (a) Emergency (b) Evaluation
 - (c) Ethical (d) Elevation

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Define Health Education and explain the nature, need and scope of health education.
 17. List out the communicable diseases and elaborately give details about the mode of spread.
 18. Explain the principles of safety education.
 19. Discuss the classification of wounds.
 20. Explain the types of fractures.
 21. Explain hydrotherapy and thermotherapy.
 22. Discuss the types of dressings and bandages with suitable examples.
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R8148

Sub. Code

720601

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Sixth Semester

Physical Education

**KINESIOLOGY AND BIO-MECHANICS IN PHYSICAL
EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Kinesiology originated in the year
(a) 1984 (b) 1974
(c) 1964 (d) 1954
2. Synovial joints are classified in to _____.
(a) 3 (b) 4
(c) 5 (d) 6
3. The action of Detloid muscle is
(a) Arm abduction (b) Flexion
(c) Extension (d) All the above
4. Rectus Femoris is a part of the _____ group of muscle.
(a) Harmstring (b) Biceps
(c) Gastronemius (d) Quadriceps

5. An imaginary surface which divides the body into right and left aspects is
- (a) Sagittal plane (b) Horizontal plane
(c) Frontal plane (d) Vertical plane
6. When the force or tension in the muscle remains constant while the length of the muscle changes.
- (a) Isometric (b) Iso kinetic
(c) Isotonic (d) All the above
7. The body moves in a straight line is called
- (a) Linear motion (b) Rotary motion
(c) Angular motion (d) Curvi linear motion
8. A state in which opposing force or influences are balanced is
- (a) Stable (b) Friction
(c) Equilibrium (d) Force
9. How many % of the gait cycle occupies in stance phase
- (a) 60% (b) 50%
(c) 40% (d) 70%
10. The initial phase of jumping technique is
- (a) Approach run (b) Take-off
(c) Flight (d) Landing

Part B

(5 × 5 = 25)

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

11. (a) What are types of synovial joints? Explain.

Or

- (b) Write about the history of kinesiology.

12. (a) Explain the origin. Insertion and actions of Trapezius muscle.

Or

- (b) Explain the origin. Insertion and action of Rectus femoris.

13. (a) Explain the various types of planes.

Or

- (b) What is meant by Muscular designing?

14. (a) Explain the laws of motion.

Or

- (b) Write short note on air gravity and water friction.

15. (a) What is meant by gait analysis?

Or

- (b) Write down the biomechanical principles in pushing.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the role and importance of kinesiology in physical education.
17. Illustrate about Hamstring and Gastronemiuso muscles.
18. Explain in detail about the types of muscle contraction with examples.
19. How the biomechanics is helpful in sports? Explain.
20. Explain the application and analysis of techniques of different sports and games.
21. Describe the biomechanical principles of walking and running.
22. Explain the origin and insertion of following muscles.
 - (a) Biceps
 - (b) Deltoid
 - (c) Flexi carpi radialis
 - (d) Flexi carpi ulnaris

R8149

Sub. Code

720602

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Sixth Semester

Physical Education

SPORTS MEDICINE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. The technique of “ Effluerage” in massage is
 - (a) Kneading
 - (b) Slapping
 - (c) Stroking
 - (d) Vibration
2. The cold treatment should be applied for maximum of _____ at a time.
 - (a) 10 minutes
 - (b) 15 minutes
 - (c) 20 minutes
 - (d) 30 minutes
3. Hot and cold apply alternatively is called as
 - (a) Whirlpool
 - (b) Moist hot packs
 - (c) Contrast Bath
 - (d) Hot packs
4. Hydrotheraphy means
 - (a) Electronic treatment
 - (b) Water treatment
 - (c) Ice treatment
 - (d) Ultra Sound

5. The displacement of the bones at joint is
- (a) Fracture (b) Dislocation
(c) Avulsion (d) Blister
6. The tear in the muscles is called as
- (a) Strain (b) Sprain
(c) Fracture (d) Dislocation
7. Therapeutic exercise helps to
- (a) Recover from injury
(b) Strengthening muscles
(c) Improve flexibility
(d) All the above
8. Rehabilitation helps to
- (a) Promote injury (b) Promote health
(c) Lead to injury (d) Develop flexibility
9. The transportation of heat in medium air and water is
- (a) Heat modalities (b) Cold modalities
(c) Water modalities (d) Wax modalities
10. A sudden injury that is usually associated with a traumatic event is called
- (a) Acute injury (b) Chronic injury
(c) Exposed injury (d) Closed injury

Part B

(5 × 5 = 25)

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

11. (a) Define the terms Sports Medicine and Physiotherapy.

Or

- (b) Explain the nature and concept of Physiotherapy.

12. (a) Write short note on Injury Management.

Or

- (b) Write the procedure for applications of Ice pack in detail.

13. (a) Write the brief history of massage.

Or

- (b) What is the need of rehabilitation?

14. (a) Explain the Passive range of motion.

Or

- (b) Mention the procedure and Indication of whirlpool bath.

15. (a) Explain the need and importance of rehabilitation.

Or

- (b) Explain the ice pack and ice massage.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Elaborate the benefits and manipulation of massage.
17. Describe the procedure, indication and contra indication of therapeutic modalities.

18. Explain the application of Infra–Red lamp and shortwave diathermy.
 19. Examine the classification of therapeutic exercise.
 20. Define rehabilitation and explain the various methods of rehabilitation for the sports injuries.
 21. What is meant by Injury and explain the types of injuries and its Rehabilitations.
 22. Illustrate about the exercise program to strengthen the muscle and ligament.
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R8150

Sub. Code

720603

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Sixth Semester

Physical Education

**TESTS, MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION AND SPORTS**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. What is the purpose of evaluation?
 - (a) To measure the achievement of students
 - (b) To test the students in a subject
 - (c) To assign a mark or score to a student
 - (d) To make a judgment about the quality of something

2. Reliability can be established by which of the following?
 - (a) Split Halves Method
 - (b) Parallel Form Method
 - (c) Test-Retest Method
 - (d) All the above

3. Standardized tests are _____ in nature.
 - (a) Flexible
 - (b) Changeable
 - (c) Adaptable
 - (d) Inflexible

4. The Hand Grip Strength Test is an example of
(a) An isometric test (b) An isotonic test
(c) A dynamic test (d) An isokinetic test
5. What is the full form of AAHPERD?
(a) American and Australian Health, Physical Education, Recreation and Dance
(b) American Association for Health, Physical Education, Recreation and Dance
(c) American Alliance for Health, Physical Education, Recreation and Dance
(d) None of the above
6. The Harvard Step Test is initially designed for
(a) College girls (b) Country youth
(c) Top Athletes (d) College men
7. Which of the following test is not a test for motor ability?
(a) Larsen test
(b) Metheny-Johnson test
(c) Cozen's athletic ability test
(d) JCR test
8. JCR Test includes
(a) Jumping, Chinning and Shuttle run
(b) Jumping, chinning and running
(c) Jumping, Endurance run and Sit ups
(d) None of the above

9. Which of the following is a badminton skill test?
- (a) French Short Serve test
 - (b) Sherman Untimed Consecutive Rally test
 - (c) Hammer 'Mini-Match'
 - (d) Wisconsin Wall test.
10. Russell-Lang test is meant for measuring playing ability in
- (a) Basketball
 - (b) Volleyball
 - (c) Badminton
 - (d) Golf

Part B (5 × 5 = 25)

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

11. (a) Distinguish clearly between Measurement and Evaluation.

Or

- (b) Briefly explain the types of evaluation.

12. (a) Explain the characteristics of a good test.

Or

- (b) Briefly explain the standardized test.

13. (a) Write in detail about 9 minutes run/walk test administrative procedure.

Or

- (b) Explain the test format of administering 'Leg Dynamometer'.

14. (a) Write in detail about standing broad jump test administrative procedure.

Or

- (b) Explain the test format of administering “Ball Throw”.
15. (a) Explain the Russell Lange Volley test with suitable diagram.

Or

- (b) Explain the Borer Tennis test with suitable diagram.

Part C (5 × 8 = 40)

Answer any **five** questions.

16. Discuss the need and importance of Test, Measurement and Evaluation in the field of Physical Education.
17. Discuss the classification of test and explain the criteria for good test.
18. Describe in details about the AAPHERD Youth fitness test.
19. Explain the test format of administering “30 meter Fly run and 600 meter run”.
20. Discuss in details about the Schmithals-French Field Hockey Skill Test with neat diagram.
21. Discuss in details about the Coopers 12 minutes run/walk test with neat diagram.
22. Describe any two Johnson basketball skills Test.

R8151

Sub. Code

720604

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Sixth Semester

Physical Education

SPORTS MANAGEMENT

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The word “Menager” it means
 - (a) to use carefully
 - (b) to use successfully
 - (c) to use usefully
 - (d) to use cleverly

2. According to _____, “Working with and through individuals and groups to accomplish organisation’s goals” is called management.
 - (a) Williams
 - (b) Hersay
 - (c) DeSensi
 - (d) Chelladurai

3. _____ include the abilities to see the organization as a whole, to originate ideas, to sense problems, and to work out solutions to these problems.
 - (a) Personal skills
 - (b) Conceptual skills
 - (c) Professional skills
 - (d) Human relations skills

4. The ability to get along with associates in work is an essential qualification for a manager
 - (a) Personal skills
 - (b) Conceptual skills
 - (c) Professional skills
 - (d) Human relations skills
5. Funds for the sports programmes can be collected through
 - (a) Alumni associations
 - (b) Donations/gifts
 - (c) Funds from public sector undertakings
 - (d) All the above
6. Which of the following is the prime objective of planning in sports?
 - (a) Entertainment
 - (b) For physical fitness
 - (c) Development of oneness
 - (d) All the above
7. The basic functions of management are
 - (a) Planning and organization
 - (b) Directing and programme development
 - (c) Personal management and financial management
 - (d) All the above
8. _____ helps you focus on hiring, training, supervising, evaluating, terminating and motivating employees.
 - (a) Personal management
 - (b) Conceptual management
 - (c) Professional management
 - (d) Human relations management

9. _____ is an important subset of the marketing field that focuses on the promotion of sports teams, sporting events and closely related products and services.
- (a) Sports advertisement
 - (b) Sports marketing
 - (c) Sports news
 - (d) Sports journalism
10. A is an aggregate of a company's individual budgets designed to present a complete picture of its financial activity and health
- (a) Operating budget
 - (b) Master budget
 - (c) Cash flow budget
 - (d) Financial budget

Part B

(5 × 5 = 25)

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

11. (a) Write the scope of Sports Management.
- Or
- (b) Briefly write the basic principles of Sports Management.
12. (a) Write the role of Personal Manager.
- Or
- (b) What are the functions of Programme Management?
13. (a) Write about the quality and price of sports products.
- Or
- (b) Briefly explain that the factors involved in the marketing of sports.

14. (a) What are the guidelines for the selection and supply of sports equipment?

Or

- (b) List out the facilities that have to be created in the equipment room.

15. (a) Write the definition and role of accounting.

Or

- (b) Write the importance of budget record maintenance.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Elaborate the functions of Sports Management.
17. Discuss about Personal policies and Personal recruitment.
18. Explain the strategy for developing a target market strategy.
19. Discuss the procedures for taking care and maintenance of sports equipment.
20. Explain about types of budgets.
21. How will you raise the sports fund? Elaborately give the details.
22. Explain the need and importance of budget record maintenance.

R8152

Sub. Code

720711

B.Sc. DEGREE EXAMINATION, APRIL – 2023

Sixth Semester

Physical Education

Elective: SPORTS INJURIES AND PHYSIOTHERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Contrast bath recommended for
 - (a) Reducing a dislocated joint
 - (b) Reducing swelling
 - (c) Treatment wound
 - (d) All the above

2. Cryotherapy means
 - (a) Hydrotherapy
 - (b) Therapy with ice therapy
 - (c) Electrotherapy
 - (d) thermal therapy

3. A Strain is
 - (a) Tear of muscle
 - (b) Tear of ligament
 - (c) Fracture
 - (d) Dislocation

4. What is the range of cold modality?
(a) 32 F to 65 F (b) 32 F to 60 F
(c) 32 F to 68 F (d) 32 F to 55 F
5. The word “efflurance” is related to
(a) Weight training (b) Sprint training
(c) Injuries (d) Massage
6. The combination of applying of applying cold and exercise programme to the injured part is
(a) Cryostretch (b) Hot moist packs
(c) Cryokinetics (d) Whirlpool bath
7. What is the water temperature of whirlpool bath?
(a) 40 to 55 F (b) 40 to 44 F
(c) 40 to 48 F (d) 40 to 65 F
8. How many types of therapeutics exercise shall be
(a) One (b) Two
(c) Three (d) Four
9. Who is the founder of modern massage
(a) William James (b) Peter H - Ling
(c) Guts Muths (d) John fredrich
10. The scarping injuries to the skin is called
(a) Blisters (b) Laceration
(c) Incision (d) Abrasion

Part B

(5 × 5 = 25)

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

11. (a) What is meant by chronic injury?

Or

- (b) Mention the types of injuries.

12. (a) Brief the Sprain and Strain.

Or

- (b) Write the Open and Closed injuries.

13. (a) Give an account on the contra indication of contrast bath.

Or

- (b) Describe the Shortwave diathermy.

14. (a) Brief about the passive assisted exercise.

Or

- (b) Illustrate the passive range of motion.

15. (a) Explain the need of rehabilitation.

Or

- (b) Clarify the physiological effects of massage.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. What do you meant by meaning of physiotherapy? And explain about the nature and concept of physiotherapy.

17. Elucidate the common sports injuries.

18. Elaborate the Ice Packs, Ice Immersion, Ice Massage.
 19. Describe the classification of manipulation
 20. Explain the various methods of rehabilitation program for the sports injuries.
 21. Write note on the passive exercise? And explain about the effect pf passive exercise.
 22. Explain the exercise programme to strengthen the injured parts.
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