R0475	Sub. Code 811101

M.P.Ed DEGREE EXAMINATION, NOVEMBER – 2023

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** questions by choosing the correct option.

1. Research means (CO1, K2)

   (a) To discover new ideas by scientific study

   (b) To discover that is lost

   (c) To search again

   (d) To discover something missing

2. Hypothesis in research means ———— (CO1, K2)

   (a) Intelligent Guess

   (b) Knowledge gained from others

   (c) Finding answer to question

   (d) Truth

3. Close form of questionnaire contains questions, that call for ———————— (CO2, K4)

(a) Free response (b) Descriptive response

(c) Check response (d) Short response

4. Case study means ————————. (CO2, K4)

(a) About a person

(b) About a group

(c) About an institution

(d) All the above

5. Equated group design is also called ————————. (CO3, K4)

(a) Random group design

(b) Related group design

(c) Parallel group design

(d) Reverse group design

6. Experimental research is ————————. (CO3, K4)

(a) Detail study

(b) Deep study

(c) Complete study

(d) Systematic and logical study

7. Studying the impact of three factors in suitable research is ———————— (CO4, K5)

(a) Random group design

(b) Single group design

(c) More than one group design

(d) Factorial design

8. A group of subjects selected from a large population is called ———————— (CO4, K5)

(a) Data (b) Sample

(c) Scores (d) Reviews

9. Normal Probability curve has ———————— shape (CO5, K6)

(a) Curve line (b) Triangle shape

(c) Bell shape (d) Cylindrical shape

10. Research proposal/means ————————. (CO5, K6)

(a) Completed research work

(b) Abstract of the research

(c) Research procedure

(d) Blue print of the research work

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) What is the meaning of research? (CO1, K2)

Or

(b) Write short notes on hypothesis and mention the characteristics of Hypothesis. (CO1, K2)

12. (a) What you mean by primary data? (CO2, K4)

Or

(b) Give short notes on survey study. (CO2, K4)

13. (a) What is the meaning of factorial design? (CO3, K4)

Or

(b) Discuss about the nature and meaning of experimental research. (CO3, K4)

14. (a) Write short notes on population. (CO4, K5)

Or

(b) Write the meaning of Cluster sampling. (CO4, K5)

15. (a) Determine the way of writing on footnote and bibliography. (CO5, K6)

Or

(b) Discuss about the preparation of an abstract. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain the Need, nature and scope of research in physical education. (CO1, K2)

Or

(b) List down the criteria for selection of a research problem and explain the qualities of a good research. (CO1, K2)

17. (a) What are the steps involved in Historical research? Explain. (CO2, K4)

Or

(b) Discuss about the internal criticism and external criticism in research. (CO2, K4)

18. (a) Write the meaning of variable and explain its various types with suitable example. (CO3, K4)

Or

(b) Explain experimental design. (CO3, K4)

19. (a) Explain the Probability methods of sampling. (CO4, K5)

Or

(b) Give short note of the following.

(i) Convenience sample

(ii) Judgment sample

(iii) Quote sample (CO4, K5)

20. (a) Explain the methods of writing research proposal. (CO5, K6)

Or

(b) Explain the need and importance of reviews of literature. (CO5, K6)

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R0476	Sub. Code
	811102

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. During Exercise, blood flow to the muscles decrease by about _____ percent, depending on the intensity of the Exercise. (CO1, K2)

   (a) 70 to 90 (b) 20 to 30

   (c) 40 to 50 (d) 15 to 25

2. During muscular contraction, if the tension developed by the muscle while shortening at constant speed it maximal over the full range of motion, it is called_____ (CO1, K2)

   (a) Isotonic Contraction

   (b) Isometric Contraction

   (c) Eccentric Contraction

   (d) Isokinetic Contraction

3. Muscle utilized for controlling the flow of all Substances within lumen are grouped as_____ (CO2, K4)

   (a) Hormonal System (b) Skeletal System

   (c) Cardiac Muscles (d) Smooth Muscles

4. In the striated muscles, the functional unit of contractile system is_____ (CO2, K4)

(a) Muscle (b) Tissue

(c) Nerve (d) Myofibril

5. Which minerals is essential for healthy RBC and a deficiency might cause anaemia? (CO3, K4)

(a) Iodine (b) chromium

(c) Iron (d) Magnesium

6. The blood cells that protect the body from microbes and other foreign substances are ———————— (CO3, K4)

(a) WBC (b) Platelets

(c) RBC (d) Mitochondria

7. Pressure gradient between the Lungs and atmosphere is maintained by_____ (CO4, K5)

(a) Diaphragm

(b) External Intercostal Muscles

(c) Internal Intercostal Muscle

(d) All of these

8. What happens to the volume of the pulmonary cavity when there is an increase in the volume of the thoracic chamber? (CO4, K5)

(a) It decreases

(b) It increase

(c) it remains the same

(d) first decreases and then increases

9. Glycolysis begin with which of the following reactions? (CO5, K6)

(a) Reduction (b) Acidification

(c) Oxidation (d) Phosphorylation

10. The Process of reconversion of Lactic acid to Pyruvic acid which turns back to ————————Respiration pathway. (CO5, K6)

(a) Aerobic respiration

(b) Anaerobic respiration

(c) Both (a) & (b)

(d) Fermentation

Part B (5 × 5 = 25)

Answer **all** the question not more than 500 words each.

11. (a) Explain the types of Muscle contraction. (CO1, K2)

Or

(b) Explain types of muscle fibre. (CO1, K2)

12. (a) Explain the thermoregulation. (CO2, K4)

Or

(b) Explain the postural deformities in our human body. (CO2, K4)

13. (a) Explain the composition and functions of blood. (CO3, K4)

Or

(b) Give short Note on Blood pressure and its Importance. (CO3, K4)

14. (a) What are the steps of pulmonary ventilation & Explain it? (CO4, K5)

Or

(b) Explain second wind. (CO4, K5)

15. (a) Explain about ATP-pc Energy. (CO5, K6)

Or

(b) Explain the long duration Exercise with example. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** the question not more than 1000 words each.

16. (a) Explain sliding filament theory with suitable diagram. (CO1, K2)

Or

(b) Explain the Effect of Exercise on Muscular system. (CO1, K2)

17. (a) Explain Effect of exercise cardio vascular systems. (CO2, K4)

Or

(b) Explain the conduction system of heart. (CO2, K4)

18. (a) Explain the effect of exercise on blood Pressure high HP and Low BP. (CO3, K4)

Or

(b) Explain the term blood pressure. How do we measure it in our body? (CO3, K4)

19. (a) Explain the Importance of pulmonary volumes and capacities, oxygen depth and Oxygen deficit. (CO4, K5)

Or

(b) Explain the Effect of Exercise on respiratory system. (CO4, K5)

20. (a) Explain the aerobic and anaerobic metabolism. (CO5, K6)

Or

(b) Explain the high intensity Exercise with suitable Examples. (CO5, K6)

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R0477	Sub. Code
	811103

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

YOGIC SCIENCE

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** questions by choosing the correct option.

1. The word yoga mean (CO1, K4)

   (a) Union (b) Balance

   (c) Wellness (d) Faith

2. Asana mean (CO1, K4)

   (a) Movement (b) Posture

   (c) Flying (d) None

3. Trataka associated with (CO2, K4)

   (a) Kidney (b) eye

   (c) Brain (d) Lungs

4. What is meant by Kriyas? (CO2, K4)

   (a) Cleaning (b) Seal

   (c) Breath (d) Action

5. Who compiled' Yoga sutra' (CO3, K4)

(a) Gheranda (b) Svatmarama

(c) Patanjali (d) None of the above

6. The basis of 'Pancha kosha' is (CO3, K4)

(a) Isha Upanishad

(b) Taitriya Upanishad

(c) Kena Upanishad

(d) Prashna Upanishad

7. Suryanamaskar incorporates (CO4, K5)

(a) 12 mantras

(b) Sequence of body positions

(c) Breathing awareness

(d) All of the above

8. Vastra Dhauti associated with (CO4, K5)

(a) Cloth (b) Plastic

(c) Class (d) None of the above

9. Adrenaline harmone increase (CO5, K6)

(a) BP (b) Heart beat

(c) Both (a) and (b) (d) Athrerio-sclerosis

10. The hemoglobin is associated with (CO5, K6)

(a) Calcium (b) Sodium

(c) Potassium (d) RBC

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words.

11. (a) Explain the Suriyanamaskar. (CO1, K4)

Or

(b) Explain the scope and limitation of asana. (CO1, K4)

12. (a) Write about Asanas and its techniques. (CO2, K4)

Or

(b) Explain the safety measures of pranayama. (CO2, K4)

13. (a) Write about Uddiyana bandha. (CO3, K4)

Or

(b) Explain kriyas and its types. (CO3, K4)

14. (a) Short notes on

(i) Hasta mudra

(ii) Adhara mudra (CO4, K5)

Or

(b) Write about benefit of Meditation. (CO4, K5)

15. (a) Write about Aim and Principles of yoga therapy. (CO5, K6)

Or

(b) Explain the Yogic diet. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain the Types yoga and its benefits. (CO1, K4)

Or

(b) Explain the Suriyanamaskar and its benefits. (CO1, K4)

17. (a) Explain the Stages of pranayama and its benefits. (CO2, K4)

Or

(b) Briefly explain the classification of Asanas. (CO2, K4)

18. (a) Explain the practicing methods of Trataka and Kapalapathi. (CO3, K4)

Or

(b) Explain the Satkriyas and its importance. (CO3, K4)

19. (a) What ia Bandha? Explain any two Bhandas and benefits. (CO4, K5)

Or

(b) What is meditation? Explain physiological and Psychological benefits of Meditation. (CO4, K5)

20. (a) Explain the role of yoga in sports performance. (CO5, K6)

Or

(b) Discuss in detail about yoga therapy. (CO5, K6)

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R0479	Sub. Code 811502

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

Elective : TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the following questions objective questions by choosing the correct option.

1. Purpose of conducting test in different times to determine (CO1, K4)

   (a) Validity (b) Objectivity

   (c) Reliability (d) Coordinative ability

2. A Characteristics may measures by a standardised test (CO1, K4)

   (a) Objectivity (b) Certain Norms

   (c) Ability (d) Validity

3. Cooper Twelve minutes run and walk test has taken to assess the (CO3, K4)

   (a) Agility (b) Strength

   (c) Endurance (d) Explosive Power

4. AAHPERD test assess the (CO3, K4)

(a) Physical fitness (b) Motor fitness

(c) Fine motor skills (d) Health related fitness

5. Margaria Kalamen test was conducted to assess (CO4, K5)

(a) Aerobic Power

(b) Anaerobic power

(c) Strength Endurance

(d) Explosive Power

6. Anthropometric measurements helps to assess (CO4, K5)

(a) Psycho motor (b) Body type

(c) Bio motor (d) Playing ability

7. Jhonson basketball test to assess the skill performance of (CO5, K6)

(a) Accuracy (b) Balance

(c) Coordination (d) Perception

8. Friedel field hockey test conducted to assess the (CO5, K6)

(a) Coordination (b) Agility

(c) Power (d) Speed

9. Choice response Movement time denotes of athlete's (CO2, K4)

(a) Movement time (b) Coordination

(c) Agility (d) Reaction Time

10. Athletic heart of a Player is known to understand (CO2, K4)

(a) Hypertrophy

(b) Muscle hypertrophy

(c) Cardio hypertrophy

(d) None of these

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

Answer **all** the questions not more than 500 words.

11. (a) Explain different criteria for test. (CO1, K4)

Or

(b) Define motor fitness test and its types. (CO1, K4)

12. (a) Describe Reliability of test. (CO5, K6)

Or

(b) Express the validity of and objectivity of a test. (CO5, K6)

13. (a) Briefly give Outline on Administrative norms. (CO2, K4)

Or

(b) Describe JCR Test. (CO2, K4)

14. (a) Discuss Newton motor ability test. (CO3, K4)

Or

(b) Express the validity of and objectivity of a test. (CO3, K4)

15. (a) Compare Anaerobic and aerobic test. (CO4, K5)

Or

(b) Illustrate the various measuring points for girth. (CO4, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Discus need and importance of measurement evaluation. (CO1, K4)

Or

(b) Describe Evaluation norms and explain various measuring tools. (CO1, K4)

17. (a) Elaborate fundamentals of measurement and evaluation. (CO2, K4)

Or

(b) Explain any three motor fitness test and evaluate the importance. (CO2, K4)

18. (a) Compare any two health related physical fitness tests? (CO3, K4)

Or

(b) Choose any five anthropometric measuring location to measure the body fat. (CO3, K4)

19. (a) Compile the Physical fitness components and fine motor skills. (CO4, K5)

Or

(b) Explain Volley ball, Basketball and Soccer test explain the scoring. (CO5, K6)

20. (a) Evaluate any three Sports Skill test. (CO5, K6)

Or

(b) Create Anaerobic, Aerobic Test to assess the performance measuring test. (CO4, K5)

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R0480	Sub. Code
	811301

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** questions by choosing the correct option.

1. Super compensation means (CO1, K4)

   (a) Oxygen debt (b) Second wind

   (c) Adaptation of load (d) All of these

2. Super compensation effect of training is due to (CO1, K4)

   (a) Improper propositition between load and recovery

   (b) Proper proposition between load and recovery

   (c) Massage

   (d) All of these

3. Pushing against the wall is an example of (CO2, K4)

(a) Eccentric exercises

(b) Isometric exercises

(c) Isotonic exercises

(d) Isokinetic

4. Adaptation to training load at high altitude is known as (CO2, K4)

(a) Thermoregration

(b) Super compensation

(c) Acclimatization

(d) None of the above

5. Fartlek training is used to develop (CO3, K4)

(a) Flexibility (b) Strength

(c) Endurance (d) Speed

6. Active flexibility refers to (CO3, K4)

(a) Muscular stretch without assistance

(b) Muscular stretch with assistance

(c) Stretching at maximum range

(d) None of the above

7. Micro cycle involves training of (CO4, K5)

(a) one week (b) 6 to 8 weeks

(c) 8 to 10 weeks (d) 1 to 2 weeks

8. Main consideration for effective periodization should be (CO4, K5)

(a) Base creation

(b) Achievement of top form

(c) Skill development

(d) Development of tactical ability

9. Blood doping with erythropoietin improves an athlete's performance by what process (CO5, K6)

(a) Making blood circulate much faster

(b) Thinning the blood

(c) Cooling the blood

(d) increasing the number red blood cells in the body

10. Increasing muscle mass in those who use it (CO5, K6)

(a) Anaholic steroids (b) Erythropoietin

(c) Strychnine (d) Diuretics

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain principles of sports training. (CO1, K4)

Or

(b) Explain principle of training load. (CO1, K4)

12. (a) Short notes on repetition method and parachute run. (CO2, K4)

Or

(b) Short notes on fartlek and Plyometric training. (CO2, K4)

13. (a) Short notes on iso kinetic method and sensory method of training. (CO3, K4)

Or

(b) Explain the types of stretching exercises. (CO3, K4)

14. (a) Explain the short and long term plan. (CO4, K5)

Or

(b) Explain the various periods of training. (CO4, K5)

15. (a) Explain the side effect of drugs. (CO5, K6)

Or

(b) Explain the WADA and NADA. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain the important features of training load. (CO1, K4)

Or

(b) Explain the symptoms and adaptation process of overload. (CO1, K4)

17. (a) Explain the mean and methods to develop strength. (CO2, K4)

Or

(b) Explain the mean and methods to develop endurance. (CO2, K4)

18. (a) Explain the mean and methods to develop flexibility. (CO3, K4)

Or

(b) Explain the mean and methods to develop coordination. (CO3, K4)

19. (a) Explain the various types of training plan. (CO4, K5)

Or

(b) Explain the types of periodization. (CO4, K5)

20. (a) Explain the list of various blood doping classes and methods. (CO5, K6)

Or

(b) Explain the problems of drug detection. (CO5, K6)

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R0481	Sub. Code
	811302

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

SPORTS MEDICINE

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the following objectives by choosing the correct option

1. The walking rate in steps per minute is (CO1, K4)

   (a) Step length (b) Stride length

   (c) Cadence (d) All the above

2. What is the symptoms of acute inflammation (CO1, K4)

   (a) Redness (b) Heat

   (c) Pain (d) All the above

3. Tightening of a specific muscle or group of muscle is (CO2, K4)

   (a) Isometric (b) Isotonic

   (c) Isokinetic (d) All the above

4. The common upper extremity injury in racket game is (CO2, K4)

   (a) Chondromalacia patella

   (b) Tennis elbow

   (c) Plantar fasciitis

   (d) None of the above

5. The lateral curvature of the spine is (CO3, K4)

(a) Kyphosis (b) Lordosis

(c) Scoliosis (d) All the above

6. Another name for flat foot is also known as (CO3, K4)

(a) Pes planus (b) Pes cavus

(c) Pes equinus (d) Hallux valgus

7. What degree classification of ligament injury involves a complete tear of a tissue (CO4, K5)

(a) 1st degree (b) 2nd degree

(c) 3rd degree (d) None of the above

8. Which performance enhances drugs acts like testosterone, which increases muscle mass in those who use it? (CO4, K5)

(a) Erythropoitin (b) Anabolic steroid

(c) Strychnine (d) Diuretics

9. The type of stretching uses like momentum of a moving range of motion (CO5, K6)

(a) Isometric stretching

(b) PNF stretching

(c) Ballistic stretching

(d) Static stretching

10. An Injury causes by direct blow to the body that can cause damage to the surface of the skin and to the deeper tissue is called (CO5, K6)

(a) fracture (b) laceration

(c) contusion (d) abrasion

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain the concepts and definition of sports medicine. (CO1, K4)

Or

(b) Explain the role of physical educator in athletic care. (CO1, K4)

12. (a) Write down the principles and types of bandaging. (CO2, K4)

Or

(b) Write down the common drugs banned in sports. (CO2, K4)

13. (a) Write short notes of Kyphosis. (CO3, K4)

Or

(b) Write down the common lumbosacral injuries occur in the sports. (CO3, K4)

14. (a) List down the common upper limb injuries occur in volley ball. (CO4, K5)

Or

(b) Write short notes on rotator cuff injury. (CO4, K5)

15. (a) List down the common lower extremity injuries occur in football. (CO5, K6)

Or

(b) Write short notes on Achilles tendinitis. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** questions not more than 1000 words each

16. (a) Define Gait. Illustrate in detail about the phases of gait cycle. (CO1, K4)

Or

(b) Define sprain and write down the grading of sprain and its acute management. (CO1, K4)

17. (a) Define stretching and explain in detail about the various stretching techniques. (CO2, K4)

Or

(b) Define doping, list down the banned drugs In sports and its Physiological effects. (CO2, K4)

18. (a) Write in detail about spinal deformities and its corrective procedures. (CO3, K4)

Or

(b) List down the stretching, strengthening and free exercise for neck muscles. (CO3, K4)

19. (a) Define therapeutic exercise and write down its classification in detail. (CO4, K5)

Or

(b) Write down the common injuries occur in elbow joint and the free exercises. (CO4, K5)

20. (a) Write down the common injuries occur in the knee joint and the various strengthening techniques. (CO5, K6)

Or

(b) Define patellofemoral dysfunction and explain its management. (CO5, K6)

R0482	Sub. Code
	811303

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

HEALTH EDUCATION AND SPORTS NUTRITION

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the following objective questions by Choosing the correct option.

1. Which of the following is not dimension of health? (CO1, K4)

   (a) Nutritional (b) Physical

   (c) Social (d) Mental

2. The term 'health' is defined in many ways. The most accurate definition of the health would be, (CO1, K4)

   (a) Health is a state of complete physical, mental and social well-being

   (b) Health is the state of body and mind in a balanced condition

   (c) Health is the reflection of a smiling face

   (d) Health is the symbol of economic prosperity

3. Which one of the following diseases is a communicable? (CO2, K4)

   (a) Scurvy (b) Diabetes

   (c) Cholera (d) Rickets

4. What is the condition known as, in which the body does not get its fair share of nutrients, either from starvation or as a result of poor absorption: (CO2, K4)

(a) Marasmus (b) Kwashiorkor

(c) Balance Diet (d) Malnutrition

5. Cleanliness, physical exercise, rest and sleep are a part of ———— (CO3, K4)

(a) Hygiene (b) Social hygiene

(c) Personal hygiene (d) None of the above

6. Obesity is caused by an increase in ———————— (CO3, K4)

(a) adiposity (b) epidosity

(c) ediposity (d) apidosity

7. The body building nutrient is (CO4, K5)

(a) fat (b) protein

(c) vitamin (d) mineral

8. A balanced diet is complete, when it will be: (CO4, K5)

(a) Complex carbohydrates

(b) according to the needs of the person

(c) animal fat rich

(d) 4 to 5 liters water

9. What are the main causes of the obesity epidemic? (CO5, K6)

(a) Increased energy quantity/density and a more sedentary life-style

(b) Decreased leisure time activity

(c) Changes in genetic profiles

(d) None of these

10. The formula for the body mass index is ———— (CO5, K6)

(a) a person's weight in kilograms squared divided by the square of his/her height in meters (kg^2/m^2).

(b) a person's weight in kilograms squared divided by his/her height in meters(kg^2/m)

(c) a person's weight in kilograms divided by his/her height in meters (kg/m)

(d) a person's weight in kilograms divided by the square of his/her height in meters (kg/m^2)

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

Answer **all** questions not more than 500 words each

11. (a) Compare the 'health instruction' and 'health supervision'. (CO1, K4)

Or

(b) Illustrate the different levels of health care in India. (CO1, K4)

12. (a) Write a note on communicable diseases. (CO2, K4)

Or

(b) Describe the environment sanitation. (CO2, K4)

13. (a) Explain the concept of life style management. (CO3, K4)

Or

(b) Elaborate the effect of alcohol on health. (CO3, K4)

14. (a) Explain the nutrition guidelines. (CO4, K5)

Or

(b) State the meaning of sports nutrition. (CO4, K5)

15. (a) Formulate a diet plan. (CO5, K5)

Or

(b) Discuss the obesity and its hazard. (CO5, K5)

Part C ($5 \times 8 = 40$)

Answer **all** questions not more than 1000 words each

16. (a) Explain the aim, objective and principles of health education. (CO1, K4)

Or

(b) Elaborate the dimension, spectrum and determinants of health. (CO1, K4)

17. (a) Narrate the role of health education in schools. (CO2, K4)

Or

(b) List down the responsibility of individual/ community on health. (CO2, K4)

18. (a) Write any essay on health agencies and organization. (CO3, K4)

Or

(b) Illustrate the management of hypertension and obesity. (CO3, K4)

19. (a) Explain the role of nutrition sports. (CO4, K5)

Or

(b) Elaborate the role of carbohydrates, fat and protein during exercise. (CO4, K5)

20. (a) Discuss the role of diet and exercise in weight management. (CO5, K6)

Or

(b) Elaborate the weight management programme for sporty child. (CO5, K6)

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R0483	Sub. Code
	811505

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

Elective : PHYSICAL FITNESS AND WELLNESS

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Performing daily works without any fatigue is. (CO1, K4)
   (a) Mental wellness (b) Dynamic ability
   (c) Physical fitness (d) None of these

2. What is health-related physical fitness associated with? (CO1, K4)
   (a) Your ability to perform your day-to-day physical tasks efficiently
   (b) Disease prevention
   (c) Improved mood
   (d) All of the answers are correct

3. The six dimensions of wellness include all of the following EXCEPT (CO2, K4)
   (a) Emotional wellness
   (b) Environmental, or planetary wellness
   (c) Spiritual wellness
   (d) Intellectual wellness.

4. World Health Day is celebrated on (CO2, K4)

(a) 1st March (b) 7th April

(c) 6th October (d) 10th December

5. Aerobic exercise provides muscles with more (CO3, K4)

(a) Oxygen (b) Blood

(c) Calories (d) Flexibility

6. Which physical activity is NOT aerobic exercise?(CO3, K4)

(a) Jogging (b) Hip-hop dancing

(c) Jump roping (d) Yoga

7. The amount of force a muscle can exert (CO4, K5)

(a) Flexibility

(b) body composition

(c) Muscular endurance

(d) Muscular strength

8. Isometric exercise is the one in which muscle length is (CO4, K5)

(a) Constant (b) Shortened

(c) Lengthens (d) None of the above

9. The ability to make maximum turns or twists on the joints of the body is (CO5, K6)

(a) Flexibility (b) Speed

(c) Strength (d) Co-ordination

10. What traditional type of stretching is now considered to be dangerous? (CO5, K6)

(a) Dynamic (b) Static

(c) Yoga (d) Ballistic

Part B (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Define and differentiate physical activity and physical fitness. (CO1, K4)

Or

(b) Explain the principles of physical fitness. (CO1, K4)

12. (a) What is wellness? Elaborate on different dimensions of wellness. (CO2, K4)

Or

(b) List down the indoor and outdoor recreational activities for various categories of people. (CO2, K4)

13. (a) Discuss obesity and asthma safety measures in your essay. (CO3, K4)

Or

(b) Write about how to monitoring the heart rates during the activities. (CO3, K4)

14. (a) List the equipment-related names of fundamental resistance exercises. (CO4, K5)

Or

(b) Define anaerobic exercise and explain the concepts of weight training. (CO4, K5)

15. (a) Write the meaning and definition of flexibility and mention some flexibility improving training. (CO5, K6)

Or

(b) Write about how to develop basic competency in relaxation and breathing techniques. (CO5, K6)

Part C (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain the health-related physical fitness components in detail. (CO1, K4)

Or

(b) Explain the most recent developments in conditioning and fitness. (CO1, K4)

17. (a) Explain the need, importance and benefits of wellness. (CO2, K4)

Or

(b) Explain recreational programme for various categories of people. (CO2, K4)

18. (a) Explain the procedure for following cardio respiratory activities. (CO3, K4)

(i) Interval Training

(ii) Circuit training

Or

(b) Explain the proper stretching, warming up, and cooling down techniques. (CO3, K4)

19. (a) Explain the principles of resistance training. (CO4, K5)

Or

(b) Explain the advanced techniques of weight training. (CO4, K5)

20. (a) Explain the classifications of flexibility exercises (CO5, K6)

Or

(b) Explain the relationship between flexibility and yoga. (CO5, K6)

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