

R0452

Sub. Code

720103

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

**HISTORY AND FOUNDATION OF PHYSICAL
EDUCATION AND SPORTS**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. In ancient Olympics period, Athens gave importance to
(CO2, K3)
(a) education (b) military
(c) economy (d) entertainment
2. In ancient Olympics period, Spartans gave importance to
(CO2, K3)
(a) education (b) military
(c) economy (d) entertainment
3. Father of Modern Olympics is (CO1, K1)
(a) Baron De Coubertin
(b) Phedippides
(c) Frenchman
(d) Aristotle

4. Asian games 2022 were held at (CO1, K1)
(a) China (b) India
(c) Pakistan (d) Srilanka
5. IOC stands for (CO1, K2)
(a) Indian Olympic Committee
(b) Indian Olympic Confederation
(c) International Olympic Committee
(d) Indian Olympic Congress
6. _____ award is given every year for outstanding sportsman. (CO1, K1)
(a) Arjuna (b) Dhronacharya
(c) Dhyan Chand (d) Oscar
7. In growth and development, growth is _____ measure. (CO2, K3)
(a) qualitative (b) quantitative
(c) learnt (d) static
8. _____ is the age of a person as measured from birth to a given Date (CO1, K1)
(a) Chronological (b) physiological
(c) mental (d) anatomical
9. Which of the following theory is created by Sigmund Freud? (CO3, K4)
(a) Surplus Energy
(b) Recreation
(c) Relaxation
(d) psycho analytic
10. Sheldon's classification is mainly about (CO3, K4)
(a) body shapes (b) mind
(c) character (d) fluid in the body

Part B

(5 × 5 = 25)

Answer **all** the questions, note more than 500 words each.

11. (a) Write the history of physical education in Greece. (CO1, K1)

Or

- (b) Write the history of physical education in epic period. (CO1, K1)

12. (a) What is the new motto of Olympic? (CO3, K4)

Or

- (b) Comment on recent Asian games 2023. (CO3, K4)

13. (a) Analyze the benefits of joining NCC. (CO4, K5)

Or

- (b) Analyze the benefits of Youth hostel. (CO4, K5)

14. (a) Differentiate growth and development. (CO2, K3)

Or

- (b) What are factors affecting growth? (CO2, K3)

15. (a) Write the role of Aggression in sports. (CO4, K5)

Or

- (b) Explain the leadership qualities. (CO4, K5)

Part C

(5 × 8 = 40)

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

16. (a) Discuss about history of physical education in ancient Greece. (CO5, K6)

Or

- (b) Compare sports in India before and after independence. (CO5, K6)

17. (a) Differentiate Sparta from Athens. (CO2, K3)

Or

- (b) Compare ancient Olympics and modern Olympics. (CO2, K3)

18. (a) Awards for sportsmen and coaches in India — Explain in detail. (CO1, K2)

Or

- (b) Explain any two National Coaching Schemes. (CO1, K2)

19. (a) Analyze the implications of Anatomical and Mental age on Physical ,Education. (CO2, K3)

Or

- (b) Define Chronological, Anatomical, Physiological and Mental age. (CO2, K3)

20. (a) Describe theories of play. (CO1, K2)

Or

- (b) Explain the factors affecting personality. (CO1, K2)

R0453

Sub. Code

720104

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

TRACK AND FIELD – I

(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. The Height of the raised border in the standard track is _____ (CO1, K1)
(a) 5 cm (b) 6 cm
(c) 4 cm (d) 3 cm
2. CDR stands for (CO1, K1)
(a) Curve Drive Running
(b) Running Drive Radius
(c) Curve Distance Running
(d) Circle Distance Radius
3. IAAF (CO2, K2)
(a) The International Association of Athletics Federations
(b) The International Athletics of Association Federations
(c) The International Athletics of federations Associations
(d) The Federations Association of Athletics International

4. Width of the lanes is _____ (CO2, K2)
 (a) 1.20 to 1.22 mts (b) 1.21 to 1.23 mts
 (c) 1.22 to 1.25 mts (d) 1.19 to 1.22 mts
5. The maximum length of the hurdles base shall be _____ (CO3, K3)
 (a) 12 cm (b) 10 cm
 (c) 15 cm (d) 70 cm
6. The total weight of the hurdles shall be not less than _____ (CO3, K3)
 (a) 10 kg (b) 12 kg
 (c) 11 kg (d) 13 kg
7. In which stagger will be used in 400 mts events (CO3, K3)
 (a) Full Stagger
 (b) Half Stagger
 (c) One and Half Stagger
 (d) One and Half Stagger + diagonal excess
8. Who is the control of the arena (CO4, K4)
 (a) Announcer (b) Marshal
 (c) Recorder (d) Judges
9. The inside of the diameter of the circle shall be _____ in Shot-put throw. (CO4, K4)
 (a) 2.135 mts (b) 2.50 mts
 (c) 2.30 mts (d) 1.067 mts
10. The overall length of the cross bar shall be _____ in the high jump. (CO5, K5)
 (a) 5.00 mts (b) 5.25 mts
 (c) 4.00 mts (d) 4.50 mts

Part B

(5 × 5 = 25)

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

11. (a) List out the track events and short notes on standard track. (CO1, K1)

Or

- (b) Calculate the area requirement of Standard track. (CO1, K1)

12. (a) Calculate the full stagger for Non-Standard track. (CO2, K2)

Or

- (b) Draw a diagram of 200 mts track – 38 mts straight. (CO2, K2)

13. (a) Write the specifications of 110 mts Hurdles. (CO3, K3)

Or

- (b) Write about the wind gauge. (CO3, K3)

14. (a) Draw a neat diagram of Shot-Put throw sector with all measurements. (CO4, K4)

Or

- (b) Write about the rules of Tie breaking in Field events. (CO4, K4)

15. (a) Point out any five general rules of Track Events. (CO5, K5)

Or

- (b) Describe the duties of Recall starter. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Describe and draw a neat diagram of 200mts track non-standard track. (CO1, K1)

Or

- (b) Discuss the method to layout of 400mts track–83 mts straight. (CO1, K1)

17. (a) Calculation and marking for full stagger and half stagger distances width of 1.22. (CO2, K2)

Or

- (b) Draw a neat diagram of Non-standard track with half stagger markings. (CO2, K2)

18. (a) State the dimension of 100, 110mts and 400mts hurdles measurements. (CO3, K3)

Or

- (b) Explain the Rules and regulation for track events. (CO3, K3)

19. (a) Explain the rules and regulation for throw events. (CO4, K4)

Or

- (b) Draw a neat diagram of Hammer throw sector and its Markings. (CO4, K4)

20. (a) Explain their duties of Marshal. (CO5, K5)

Or

- (b) Interpret the duties of starter and starter assistant. (CO5, K5)

R0454

Sub. Code

720105

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Physical Education

**Elective – FITNESS AND WELLNESS IN PHYSICAL
EDUCATION**

(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. The ability to do daily task without fatigue is called
(CO1, K1)
(a) Physical fitness (b) Motor fitness
(c) Mental fitness (d) Ability
2. Which one of the following is health related physical fitness?
(CO1, K2)
(a) Speed (b) Muscular strength
(c) Agility (d) Reaction time
3. Living things need food to obtain (CO2, K3)
(a) Oxygen (b) Water
(c) Organic Matter (d) Energy

4. The energy imbalance in calories leads to (CO3, K4)
(a) Weight loss or weight gain
(b) Increase motivation
(c) Gain performance
(d) High achievements
5. The FITT stands for (CO1, K1)
(a) Fitness, Intensity, Time, Type
(b) Fitness, Interest, Time, Type
(c) Frequency, Intensity, Time, Type
(d) Frequency, Interest, Time, Type
6. Aerobic exercise can be performed with (CO1, K2)
(a) Absence of O₂
(b) Presence of O₂
(c) Lack of Hemoglobin
(d) Frequency
7. Autogenic training is a technique (CO3, K4)
(a) To bring out relaxation in body
(b) To increase Stress level
(c) to counter a avoidance syndrome
(d) None of the above
8. The meditation technique leads to (CO3, K4)
(a) Increase Stress (b) Reduce Stress
(c) Develop speed (d) Decrease power
9. Ability to cover the maximum distance within shortest period of time is defined as (CO1, K2)
(a) Agility (b) Flexibility
(c) Body composition (d) Speed

10. What is Body Mass Index? (CO1, K1)
- (a) the average body masses
 - (b) The relationship of waist to height
 - (c) The relationship of weight to height
 - (d) To calculate healthy body

Part B (5 × 5 = 25)

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

11. (a) What are the components of wellness? (CO1, K1)

Or

- (b) Explain the factors influencing fitness. (CO1, K1)

12. (a) List out the three energy system and its characteristics. (CO2, K3)

Or

- (b) Categorize the estimation of energy needs and energy intake. (CO2, K3)

13. (a) What do you mean by interval training? (CO3, K4)

Or

- (b) How can you prevent sports injuries? (CO3, K4)

14. (a) Classify the types of stress. (CO3, K4)

Or

- (b) Explain about the autogenic training. (CO3, K4)

15. (a) What are the factors influencing testing? (CO1, K1)

Or

- (b) Explain the standardized psychology test. (CO1, K1)

Part C

(5 × 8 = 40)

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

16. (a) Illustrate the dimensions of wellness and its management techniques. (CO3, K4)

Or

- (b) Describe the components of physical fitness. (CO3, K4)

17. (a) Discuss about the effect of exercise on metabolism. (CO2, K3)

Or

- (b) Describe the energy system of body and its characteristics. (CO2, K3)

18. (a) Construct the basic and advanced conditioning exercises. (CO5, K6)

Or

- (b) Explain the circuit training and fartlek training. (CO5, K6)

19. (a) Examine the nature and effects of stress on body systems. (CO2, K3)

Or

- (b) Analyse the role of yoga on stress management. (CO2, K3)

20. (a) Carryout the standardized test items for aerobic endurance and anaerobic endurance. (CO4, K3)

Or

- (b) How will you evaluate flexibility? (CO4, K3)

R0456

Sub. Code

720303

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

FOUNDATION OF YOGA

(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. The Sanskrit term “YUJ” means (CO1, K1)
(a) To unite (b) To join
(c) To yoke (d) All the above
2. Who is the father of yoga? (CO1, K1)
(a) Pathanjali (b) Aristole
(c) Bhuddhar (d) Plato
3. Asanas means (CO2, K1)
(a) Meditation (b) Exercise
(c) Posture (d) Relaxation
4. In Patanjali’s yoga sutra, the eightfold path is called (CO2, K2)
(a) Asana (b) Astanga
(c) Bahiranga (d) Meditation

5. Jnana yoga is realization of God through (CO3, K2)
(a) Knowledge (b) Word
(c) Devotion (d) Service
6. The other name of Bhujangasana is (CO3, K1)
(a) Lotus pose (b) Mountainpose
(c) Plough pose (d) Cobra pose
7. In Pranayama, the term Puraka means (CO4, K1)
(a) Breath in (b) Breath out
(c) Suspension (d) Relaxation
8. The cleansing techniques used to purify the body and mind is (CO4, K2)
(a) Asanas (b) Kiriyas
(c) Massage (d) Meditation
9. The purification of the nasal passage and the nostrils is (CO5, K2)
(a) Neti (b) Dhauti
(c) Basti (d) Kapalabhati
10. In Sanskrit, Bandha means (CO5, K2)
(a) Purification (b) Lock
(c) Massage (d) Asanas

Part B (5 × 5 = 25)

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

11. (a) What is meant by Karma Yoga? (CO1, K2)
Or
(b) What is meant by Raja Yoga? (CO1, K2)

12. (a) Explain the impact of yoga on daily life. (CO2, K3)

Or

(b) Write short note on yama. (CO2, K3)

13. (a) Write down the procedure of Dhanurasana and its benefits. (CO3, K2)

Or

(b) Write down the procedure of Aratasalabhasana and its benefits. (CO3, K2)

14. (a) What is meant by pranayama? (CO4, K2)

Or

(b) Explain about the Ten vayus. (CO4, K3)

15. (a) What is meant by Kriyas? (CO5, K3)

Or

(b) What is meant by Mudras? (CO5, K3)

Part C (5 × 8 = 40)

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

16. (a) Describe the need and importance of yoga. (CO1, K4)

Or

(b) Explain the history of yoga. (CO1, K4)

17. (a) Summarize the eight limbs of yoga. (CO2, K4)

Or

(b) Describe the niyamas of Pantanjalis Yoasutra. (CO2, K4)

18. (a) Illustrate about the procedure vajrasana and mayurasana. (CO3, K4)

Or

(b) Explain about the procedure of Padmasana and Bhujangasana. (CO3, K4)

19. (a) Explain the types of pranayama. (CO4, K4)

Or

(b) Explain the ratio of breathing in pranayama. (CO4, K4)

20. (a) Describe the kriyas in kriyas (CO5, K4)

Or

(b) Explain the types of bandas. (CO5, K4)

R0457

Sub. Code

720304

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

TRACK AND FIELD – II

(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. Double arc start is used for (CO1, K1)
(a) 10000 mts (b) 4 × 400 mts
(c) 4 × 100 mts relay (d) 200 mts
2. The total weight of the relay baton shall be not less than _____ (CO1, K1)
(a) 40 gms (b) 50 gms
(c) 60 gms (d) 30 gms
3. The weight of the steeple chase hurdles shall be between _____ (CO2, K2)
(a) 80 kg to 100 kg
(b) 70 kg to 100 kg
(c) 50 kg to 80 kg
(d) 30 kg to 40kg

4. WADA _____. (CO2, K2)
- (a) The World Anti-doping Agency
 - (b) The World Athletics-doping Associations
 - (c) The World Athletics - doping Agency
 - (d) The World Anti-doping Associations
5. The inside of the diameter of the circle shall be _____ in shot-put. (CO3, K3)
- (a) 2.135 mts (b) 2.50 mts
 - (c) 2.60 mts (d) 1.067 mts
6. Who will inform the public of the names and numbers of the athletes taking part in each event? (CO3, K3)
- (a) Marshal (b) Lap Scores
 - (c) Referee (d) Announcer
7. The break line is used to which event. (CO3, K3)
- (a) 100 mts (b) 400 mts
 - (c) 5000 mts (d) All the above
8. The overall length of the cross bar shall be _____ in the pole Vault. (CO4, K4)
- (a) 500 mts (b) 5.25 mts
 - (c) 4.00 mts (d) 4.50 mts
9. The minimum length of the run way shall be _____ in triple jump. (CO4, K4)
- (a) 40 mts (b) 38 mts
 - (c) 42 mts (d) 35 mts
10. The overall length of the cross bar shall be _____ in the high jump. (CO5, K5)
- (a) 5.00 mts (b) 5.25 mts
 - (c) 4.00 mts (d) 4.50 mts

Part B

(5 × 5 = 25)

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

11. (a) What is the Break line? (CO1, K1)

Or

- (b) What is Exchange Zone? (CO1, K1)

12. (a) Brief about Race Walking. (CO2, K2)

Or

- (b) Write the about wind gauge. (CO2, K2)

13. (a) Point out any five general rules of Pole Vault.
(CO3, K3)

Or

- (b) Draw a neat diagram of Long jump field with all measurements. (CO3, K3)

14. (a) Brief about rules for triple jump. (CO4, K4)

Or

- (b) Write about the rules of Tie breaking in Field events. (CO4, K4)

15. (a) Point out any five general rules of Track Events.
(CO5, K5)

Or

- (b) List out the 10 international athletes' name.
(CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Describe and Draw a neat diagram of 400 mts standard track and mark the 4 × 100 ms relay.

(CO1, K1)

Or

- (b) Discuss the method to layout of 400mts track & mark the arc & double arc start.

(CO1, K1)

17. (a) Illustrate the Marathon race.

(CO2, K2)

Or

- (b) Explain about the rules and regulation of race walking.

(CO2, K2)

18. (a) State the dimension of 100, 110 mts and 400 mts hurdles measurements.

(CO3, K3)

Or

- (b) Explain the Rules and regulation for track events.

(CO3, K3)

19. (a) Draw a neat diagram of High jump sector with all Specifications.

(CO4, K4)

Or

- (b) Explain about the rules of Tie breaking in high jump and long jump events.

(CO4, K4)

20. (a) Examine the Heptathlon & Decathlon.

(CO5, K5)

Or

- (b) Interpret the International records in athletics (Men Events).

(CO5, K5)

R0459

Sub. Code

7203E2

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Physical Education

Elective – SPORTS PSYCHOLOGY AND SOCIOLOGY

(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. Psyche means (CO1, K1)
(a) Mind (b) Intellectual Disability
(c) Knowledge (d) Intelligence
2. Sports psychology helps to predict the (CO1, K1)
(a) Sportsmen's performance
(b) Sportsmen's abilities
(c) Sportsmen's behaviour
(d) Sportsmen's Intelligence
3. _____ comes with in person, feelings of fulfilment, joy participation, satisfaction, etc. (CO2, K2)
(a) Extrinsic Motivation
(b) Intrinsic Motivation
(c) Motivation
(d) Aggression

4. _____ is defined as the set of habitual behaviours, cognitions and emotional patterns that evolve from biological and environmental factors. (CO2, K2)
- (a) Leadership (b) Character
(c) Organiser (d) Personality
5. Persistent change in movement behaviour potentially as a result of practice or experience is called as (CO3, K3)
- (a) Motor Unit (b) Motor learning
(c) Motor control (d) Motor ability
6. Kretschmer has classified the individuals into _____ groups based on their bodily structure. (CO3, K3)
- (a) Two (b) Three
(c) Four (d) Five
7. “Unify and make into one whole” is called as (CO4, K4)
- (a) Inclusion (b) Integration
(c) Unity (d) Group
8. The social training is called (CO4, K4)
- (a) Socialization (b) Social skills
(c) Social ability (d) Sociability
9. The individuals who witness the athletes in action, and express their feelings verbally and through other means. (CO5, K5)
- (a) Audience (b) Spectator
(c) Fan (d) Entertainer

10. Find out the type of leader from the following sentence.
'Their orders are obeyed through hierarchies or ranks, and decisions are based on established precedents.'
- (CO5, K5)
- (a) Dominant Leader
 - (b) Persuasive leader
 - (c) Institutional leader
 - (d) Experts

Part B (5 × 5 = 25)

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

11. (a) Write the definition and meaning of Sports Psychology. (CO1, K1)
- Or
- (b) Briefly write the history of Sports Psychology. (CO1, K)
12. (a) What are the factors affecting learning and performance? (CO2, K2)
- Or
- (b) Write the composition of personality. (CO2, K2)
13. (a) Briefly write the types of learning. (CO3, K3)
- Or
- (b) Write the laws of learning with suitable examples. (CO3, K3)
14. (a) Write the meaning and definition of sports Sociology. (CO4, K4)
- Or
- (b) Give the details on Socializing institutions. (CO4, K4)

15. (a) Write about the participation and contribution of women in sports. (CO5, K5)

Or

- (b) Write a short note on Sports as a social phenomenon. (CO5, K5)

Part C (5 × 8 = 40)

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

16. (a) Discuss the need and importance of sport psychology. (CO1, K1)

Or

- (b) Explain the branches of sports psychology. (CO1, K1)

17. (a) Explain the importance of motivation for better performance of the sportsmen. (CO2, K2)

Or

- (b) Discuss the factors affecting the development of personality. (CO2, K2)

18. (a) Discuss the theories of learning. (CO3, K3)

Or

- (b) Explain the human growth and development in different ages. (CO3, K3)

19. (a) Explain the nature and scope of sports sociology. (CO4, K4)

Or

- (b) Discuss sports as an institutionalizing agency. (CO4, K4)

20. (a) Discuss the leadership in physical education. (CO5, K5)

Or

- (b) Explain the behaviour of sportsmen and spectators. (CO5, K5)