

R0624

Sub. Code

720501

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Fifth Semester

Physical Education

SPORTS TRAINING

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The preparation of sports person for the highest level of sports performance.
(a) Training (b) Sports Training
(c) Competition (d) Performance
2. The total amount of work done by an individual is called as
(a) Load (b) Intensity
(c) Capacity (d) Power
3. The ability to move all part of the body as quick as possible is
(a) Strength (b) Speed
(c) Balance (d) Performance

4. Training must be relevant to the individual and their sport.
 - (a) Specificity
 - (b) Progression
 - (c) Overload
 - (d) Reversibility
5. The ability to overcome the resistance is called as
 - (a) Strength
 - (b) Speed
 - (c) Flexibility
 - (d) Agility
6. Interval Training improves the
 - (a) Speed play
 - (b) Tactics
 - (c) Endurance
 - (d) Strength
7. The training duration of mesocycle is
 - (a) 3-6weeks
 - (b) 3-10 days
 - (c) 3-6 months
 - (d) More than a year
8. Which of the following is an endurance sport?
 - (a) Rowing
 - (b) Cycling
 - (c) Marathon
 - (d) all the above
9. Transitional period helps to
 - (a) Practice
 - (b) Recovery
 - (c) Training
 - (d) Competition
10. Circuit training was introduced by
 - (a) R.E. Morgan
 - (b) William Dutch
 - (c) John Carter
 - (d) Henry Dukeson

Part B

(5 × 5 = 25)

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

11. (a) What are the principals of sports training?
Or
(b) Write the means and methods of training.
12. (a) Define Strength and Endurance.
Or
(b) Write a brief note on coordination.
13. (a) Discus about the stages of technical preparation.
Or
(b) Write the causes and errors of technique.
14. (a) What are the importance of periodization?
Or
(b) How to make a competition plan?
15. (a) How to develop the training for adulthood?
Or
(b) State that sex differences and its implication.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the aim and characteristics of sports training.
17. Describe the factors influencing motor components.
18. Explain the stages and methods of tactical development.

19. Define periodization and write down the importance of periodization.
 20. Explain the types of planning.
 21. Explain about the gender difference in training.
 22. Enumerate the factors affecting training load.
-

R0625

Sub. Code

720502

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Fifth Semester

Physical Education

**RESEARCH METHODOLOGY AND STATISTICS IN
PHYSICAL EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Research means
 - (a) To discover new knowledge
 - (b) To search again and again
 - (c) To solve the problem
 - (d) To find out something
2. Basic research is otherwise called as
 - (a) Pure research
 - (b) Applied research
 - (c) Evaluation research
 - (d) Experimental research
3. The researcher manipulate the variables both laboratory and field investigation means
 - (a) Fundamental research
 - (b) Applied research
 - (c) Evaluation research
 - (d) Experimental research

4. Depth study and Evaluation of available information is
- (a) Analytical Research
 - (b) Basic Research
 - (c) Pure Research
 - (d) Descriptive Research
5. Alternative Hypothesis is also known as
- (a) Composite hypothesis
 - (b) Research design
 - (c) Simple hypothesis
 - (d) Analysis of data
6. Which one of the following is a secondary of data?
- (a) Interview (b) Observation
 - (c) News Paper (d) Questionnaire
7. The most frequent score in a distribution is called
- (a) Mean (b) Median
 - (c) Mode (d) Questionnaire
8. Which of the following is the Measures of variability?
- (a) Histogram (b) Polygon
 - (c) Bar diagram (d) Pie diagram
9. Footnote at the _____ of the page
- (a) Center (b) Top
 - (c) Middle (d) Bottom

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the need and importance of research in Physical Education.
17. Explain the mechanism of writing footnote and bibliography.
18. Define statistics and explain the types of statistics.
19. Describe the need and importance of statistics in Physical Education.
20. Find Mean, Median and Mode for the grouped data
C.I 36-40 31-35 26-30 21-25 16-20 11-15 6-10 0-5
f 7 4 9 3 10 5 6 3
21. Explain the criteria in selecting research problem.
22. Describe the organization of thesis report.

R0626

Sub. Code

720503

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Fifth Semester

Physical Education

METHODS OF PHYSICAL EDUCATION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. The manner of artistic execution in presenting a subject matter is
 - (a) Personal preparation
 - (b) Presentation technique
 - (c) Technical preparation
 - (d) Class Management

2. Presentation in teaching must be simple to
 - (a) Lecture
 - (b) Demonstration
 - (c) Complex
 - (d) Explanation

3. The Ideal number of students in physical education class is must be
 - (a) 20
 - (b) 25
 - (c) 30
 - (d) 40

4. Calisthenics exercise are taught by
(a) Lecturing method (b) Demonstration method
(c) Command method (d) Imitation method
5. The competition which is held outside the institution is
(a) Intramural (b) Extramural
(c) Sports Day (d) Annual Day
6. Who will be conduct the intramural tournament?
(a) Principal
(b) Chairman
(c) Director of Phy.Edn
(d) Assistant Director of Phy. Edn
7. The duration of teaching recreative part should be
(a) 8 min (b) 10 min
(c) 15 min (d) No byes
8. Elimination Tournament is otherwise called as
(a) Knock-out Tournament
(b) League Tournament
(c) Combination
(d) Challenge
9. Total number of matches for 15 teams in knockout tournament
(a) 14 (b) 16
(c) 13 (d) 15

10. Duration of practicing the technique should be
- (a) 8 minutes
 - (b) 10 minutes
 - (c) 15 minutes
 - (d) 18 minutes

Part B

(5 × 5 = 25)

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

11. (a) Define the terms Methods in physical education.

Or

- (b) What is meant by learning by doing?

12. (a) What is meant by Teaching aid and its purpose?

Or

- (b) What are the criteria for audio-visual aids?

13. (a) State the steps in class management.

Or

- (b) Discuss about the advantages of lesson plan.

14. (a) Write down the meaning of intramural and extramural.

Or

- (b) What are the objectives of extramural activities?

15. (a) Discuss about the combination tournament.

Or

- (b) State the Bagnall wild method.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the factors influencing of methods in physical education.
 17. Explain the different methods of teaching the physical activities.
 18. Explicate the principles of lesson plan.
 19. Describe the types of incentives and awards in physical education.
 20. Draw a fixture for 20 teams in knock out Tournament
 21. Explain the method of organizing intramural tournament.
 22. Prepare a general lesson plan for VII stand students.
-

R0627

Sub. Code

720504

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Fifth Semester

Physical Education

**ORGANIZATION AND ADMINISTRATION IN PHYSICAL
EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Who is the authority of academic program in school _____?
 - (a) Secretary
 - (b) Headmaster
 - (c) Physical education
 - (d) Chairman

2. Who is the president of the all zones for the Inter collegiate sports and games?
 - (a) University director of physical education
 - (b) Physical director
 - (c) Physical education teacher
 - (d) Assistant physical director

3. In which Post will be appointed an IAS officer
 - (a) Director of sports and youth services
 - (b) District Educational Officer
 - (c) Regional Inspector of physical Education
 - (d) District Sports Officer
4. Who is the president of the Divisional Inter School Athletic Association?
 - (a) DEO
 - (b) CEO
 - (c) RIPE
 - (d) DSO
5. Who is the administrative and supervisory for academic side in all schools?
 - (a) Chief Inspector of physical Education
 - (b) District Educational Officer
 - (c) Regional Inspector of physical Education
 - (d) District Sports Officer
6. Who is the president of the District Inter School Athletic Association?
 - (a) DEO
 - (b) CEO
 - (c) RIPE
 - (d) DSO
7. Who plans the program of physical education in school?
 - (a) Secretary
 - (b) Headmaster
 - (c) Chairman
 - (d) Physical education
8. Which surface is to maintain the watering cost in high?
 - (a) Sand
 - (b) Bituminous
 - (c) Turf
 - (d) Concrete

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain prepare a model budget for our College annual sports day.
17. Describe the facilities and standards in physical education.
18. Draw a neat organization chart for physical education program in School.
19. Describe the organizational chart for physical education programme in state.
20. Explain the importance of sports organizations.
21. Draw a neat organization chart for physical education program in State.
22. Discuss Sports Management Services.

R0628

Sub. Code

7205E1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Fifth Semester

Physical Education

Elective — ADAPTED PHYSICAL EDUCATION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. When was International Sports Organisation for the disabled created?
(a) 1960 (b) 1964
(c) 1958 (d) 1976
2. Children with special needs which term is used for :
(a) Divyang (b) Vikiang
(c) Differently abled (d) All the above
3. The number of games included in special olympics bharat are?
(a) 15 (b) 18
(c) 22 (d) 24
4. _____ is a term used to describe children who have problems with speech.
(a) Muteness (b) Speech impaired
(c) Hearing impaired (d) Visual impaired

5. APE which means
- (a) Adaptive Psychological Education
 - (b) Adapted Physical Education
 - (c) Attractive Physical Education
 - (d) Attentive Psychological Education
6. In which year, first deaf Olympics were organized
- (a) 1920 (b) 1924
 - (c) 1928 (d) 1932
7. Paralympic games held after
- (a) 2 years (b) 3 years
 - (c) 4 years (d) 1 year
8. When was Special Olympic Bharat founded?
- (a) 1991 (b) 2004
 - (c) 2008 (d) 2001
9. Where is the Headquarter of International Paralympic Committee?
- (a) London (b) Paris
 - (c) Bonn (d) Dusseldorf
10. _____ is a limitation of a person's body or its function.
- (a) Physical disability (b) Mental disability
 - (c) Handicapped (d) Visual impaired

Part B

(5 × 5 = 25)

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

11. (a) What are the aims and objectives of Adapted Physical Education?

Or

- (b) What are the qualification of teachers of Adapted Physical Education?

12. (a) What is meant by Mental Retardation?

Or

- (b) Explain about the Hearing Impairment.

13. (a) Mention the unified sports for Adapted Physical Education students.

Or

- (b) What are the government welfare programmes for Adapted Physical Education?

14. (a) Discuss about the co-curricular activities for disabled persons.

Or

- (b) Write down he importance of activity for disabled persons.

15. (a) What is meant by functional rehabilitation?

Or

- (b) What are the importance of aquatic activity?

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the need and importance of Adapted Physical Education.
17. Describe the characteristics and functional limitations of the disability.
18. Illustrate the guiding principles of adapted physical education programme.
19. Explain the nature and the importance of activity for disabled persons.
20. Enumerate the role and importance of aquatic activity.
21. Explain the visual impairment and behavioural disorders.
22. Describe the co-curricular activities for disabled.