R1200

Sub. Code
721201

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

YOGA 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. Yoga means. (CO1, K2)

   (a) Union (b) Different

   (c) All the above (d) None of the above

2. Which form of yoga emphasizes selfless action and duty as a way to attain spiritual enlightened. (CO1, K2)

   (a) Bakthi Yoga (b) Karma Yoga

   (c) Raja Yoga (d) Jnana Yoga

3. What is the meaning of Niyama? (CO2, K4)

   (a) Bangladesh (b) Positive Duties

   (c) Both (a) and (b) (d) None of the above

4. Which country does yoga originate? (CO2, K4)

   (a) Bangladesh (b) Thailand

   (c) India (d) Japan

5. Sarvangasana is good for complications of gland (CO3, K4)

(a) Thyroid (b) Ovary

(c) Pancreases (d) Adrenal

6. Which of the following nadis corresponds to the state of equilibrium (CO3, K4)

(a) Sushumna (b) Ida

(c) Saraswati (d) Pingale

7. Pranayama is cutting down the speed of _____. (CO4, K5)

(a) Mind (b) Jealousy

(c) Anger (d) Inhalation Exhalation

8. Mudras means (CO4, K5)

(a) Seal (b) Moving

(c) Joint (d) None of the above

9. During yoga breathing should be _____. (CO5, K6)

(a) Deep (b) Normal

(c) Cautions (d) Fast

10. What was the theme of international day of yoga 2021? (CO5, K6)

(a) Yoga for people (b) Yoga of well-being

(c) Yoga for all (d) None of the above

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

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

11. (a) Write the aims and objectives of yoga. (CO1, K2)

Or

(b) Write a short note on yoga in early Upanishads. (CO1, K2)

12. (a) Write the techniques and benefits of pranayama and dharana. (CO2, K4)

Or

(b) List down the types of yoga and write the meaning of each yoga. (CO2, K4)

13. (a) Mention the benefits of asanas on various system of the body. (CO3, K4)

Or

(b) Write about any one meditative and relaxative asana. (CO3, K4)

14. (a) Differentiate the yoga practice and physical exercise. (CO4, K5)

Or

(b) Give a short notes on the Major competition in yogasanas. (CO4, K5)

15. (a) Discuss about the Suryanamaskar. (CO5, K6)

Or

(b) Write the methods and benefits of niyama and yama. (CO5, K6)

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

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

16. (a) Enumerate the needs and importance of yoga in physical education in sports. (CO1, K2)

Or

(b) Explain the role of yoga for health and wellness. (CO1, K2)

17. (a) Enumerate the astanga yogas. (CO2, K4)

Or

(b) Write the guidelines for practicing asanas and explain. (CO2, K4)

18. (a) Explain the meaning and benefits of any three of the mudras. (CO3, K4)

Or

(b) Give a brief note on classification of Asana with special reference to PE in sports. (CO3, K4)

19. (a) Explain the basic applied and action research in yoga. (CO4, K5)

Or

(b) Detail the yoga education center in India and abroad. (CO4, K5)

20. (a) Give a detailed note on yogic life style. (CO5, K6)

Or

(b) Explain the various life implications. (CO5, K6)

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R1201	Sub. Code
	721202

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

EDUCATIONAL TECHNOLOGY AND METHOD OF TEACHING 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. Learning is organized by educational institutions but non-credential refers to which type of education? (CO1, K4)

   (a) Formal (b) Informal
   (c) Non formal (d) School based

2. What is the key characteristic of informal education? (CO1, K4)

   (a) Classroom-based learning
   (b) Structured curriculum
   (c) Specific learning objectives
   (d) Daily life experiences

3. What teaching method involves the instructor presenting information to a large group of students in a systematic and organized manner? (CO2, K4)

   (a) Command Method (b) Demonstration Method
   (c) Lecture Method (d) Imitation Method

4. What does the whole-part-whole method involve? (CO2, K4)

(a) Teaching individual parts first, then combining them into a whole

(b) Teaching the entire skill at once

(c) Breaking down the skill into smaller parts only

(d) Focusing solely on theoretical concepts

5. Which of the following is an example of a traditional teaching aid used for verbal communication? (CO3, K4)

(a) Charts model (b) Chalkboard method

(c) Audio aids (d) Motion picture

6. Which type of teaching aid is specifically designed for auditory learners? (CO3, K4)

(a) Chalkboard (b) Charts model

(c) Verbal aid (d) Audio visual aid

7. Specific lesson plan in physical education provide a detailed outline for _____. (CO4, K5)

(a) Entire academic year

(b) Single class period or lesson

(c) Unit objectives

(d) Overall fitness levels

8. What is a common type of Simulation Teaching?(CO4, K5)

(a) Skill-Oriented Simulation

(b) Virtual Simulation

(c) Content-Oriented Simulation

(d) All of the above

9. What is the first step in the procedure of evaluation? (CO5, K6)

(a) Data Collection
(b) Establish Criteria
(c) Define the Purpose
(d) Data Analysis

10. The assessment tool is _____. (CO5, K6)

(a) Assignment question
(b) Project work
(c) Cumulative record
(d) Essay

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

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

11. (a) What is formal education? List out characteristics of formal education. (CO1, K4)

Or

(b) Need and Importance of the educational process. (CO1, K4)

12. (a) Write short notes on demonstration method. (CO2, K4)

Or

(b) List down the types of command method and explain any two. (CO2, K4)

13. (a) Write short notes on advantages of team teaching. (CO3, K4)

Or

(b) Write the importance of audio-visual system in education. (CO3, K4)

14. (a) What you mean by teaching innovations? (CO4, K5)

Or

(b) Write the steps of simulation teaching. (CO4, K5)

15. (a) What is scorecard method? (CO5, K6)

Or

(b) Write short notes on digital evaluation. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the education process. (CO1, K4)

Or

(b) Explain the advantages and disadvantages of various types of education. (CO1, K4)

17. (a) Discuss about the presentation techniques. (CO2, K4)

Or

(b) Explain the various teaching procedures. (CO2, K4)

18. (a) What is teaching aid? List down the different types teaching aid in physical education and explain. (CO3, K4)

Or

(b) Mention the difference between teaching methods and teaching aids. (CO3, K4)

19. (a) Prepare a specific lesson plan in your game of specialization. (CO4, K5)

Or

(b) Explain the meaning and types of steps involved in microteaching. (CO4, K5)

20. (a) Explain the evaluation system of teaching. (CO5, K6)

Or

(b) Explain the nature and procedures of evaluation. (CO5, K6)

R1202

Sub. Code
721203

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

(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 World health day is celebrated on _____. (CO1, K2)

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

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

2. How many dimension of health education? (CO1, K2)

   (a) 4 Elements (b) 5 Elements

   (c) 6 Elements (d) 3 Elements

3. Which one of the following is non- communicable disease? (CO2, K4)

   (a) Tuberculosis (b) Chicken pox

   (c) Measles (d) Cancer

4. Which one of the following is the indigestible protein of our diet essential to the health? (CO2, K4)

   (a) Carbohydrates (b) Portions

   (c) Fats (d) Roughage

5. What are the primary causes of deforestation worldwide? (CO3, K4)

(a) Expansion of urban area

(b) Industrial population

(c) Agricultural expansion

(d) Marine activity

6. The world water day celebrated on _____. (CO3, K4)

(a) March 22 (b) March 24

(c) April 24 (d) April 22

7. How many percentage of the Earth's surface is covered by land? (CO4, K5)

(a) Approximately 25%

(b) Around 50%

(c) Roughly 70%

(d) Nearly 90%

8. Which of the following is a major contributor to nutrient pollution in water bodies? (CO4, K5)

(a) Oil spills

(b) Industrial waste

(c) Plastic debris

(d) Excessive use of fertilizers

9. Which one of the following is a key focus area for school health services? (CO5, K6)

(a) Financial literacy education

(b) Dental hygiene

(c) Art and music programs

(d) Computer programming

10. Which healthcare professional specialized in diagnosing and treating skin conditions, including acne, eczema, and skin cancer? (CO5, K6)

(a) Dermatologist (b) Podiatrist

(c) Endocrinologist (d) Gynaecologist

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

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

11. (a) Define health education and write the meaning of Health Education. (CO1, K2)

Or

(b) What are the health problems of school students? (CO1, K2)

12. (a) What are the major reasons of population explosion in India? (CO2, K4)

Or

(b) Discuss about the environmental sanitation. (CO2, K4)

13. (a) Write about the scope of environmental studies. (CO3, K4)

Or

(b) How can plastic bags be reused and reduced? (CO3, K4)

14. (a) What are the effect and control of water pollution? (CO4, K5)

Or

(b) Evaluate the role of pollution control board. (CO4, K5)

15. (a) Mention the importance of school health services. (CO5, K6)

Or

(b) How do you maintain health records in schools? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the Aim and objectives of health education. (CO1, K4)

Or

(b) What are the main objectives of the school health service? And explain its importance. (CO1, K4)

17. (a) Discuss about the communicable and non-communicable disease problems. (CO2, K4)

Or

(b) Classify the promotion of health in physical activities in India. (CO2, K4)

18. (a) Discuss about the need and importance of environmental studies. (CO3, K4)

Or

(b) Which days are celebrated related to environment? And explain any two celebrated days in relations with environment. (CO3, K4)

19. (a) Justify the issue in natural resources and environmental. (CO4, K5)

Or

(b) Briefly explain about the soil pollution and its effects. (CO4, K5)

20. (a) What is the role of health education in schools and explain. (CO5, K6)

Or

(b) What are the guidelines for care of skin and nail in healthcare settings? (CO5, K6)

R1203	Sub. Code
	721503

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

Elective – CONTEMPORARY ISSUES 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. Physical education supports the student's ————————. (CO1, K2)

   (a) To learn the art of exercise

   (b) To gain intelligence

   (c) To retain physical and body energy

   (d) To maintain healthy-lifestyle and physical fitness

2. Performing daily routine work without any fatigue is ————————. (CO1, K2)

   (a) Mental wellness (b) Physical Fitness

   (c) Dynamic ability (d) None of these

3. Specificity of training refers primarily to the ————————. (CO2, K4)

   (a) Frequency (b) Intensity

   (c) Type (d) Time

4. The anaerobic capacity for boys and girls are not fully developed until the age of ————————. (CO2, K4)

(a) 20 (b) 14

(c) 16 (d) 10

5. Which one of the following is a salient feature of balanced diet? (CO3, K4)

(a) It should be in definite proportion

(b) It contains all the essential nutrients

(c) It makes our tummy full

(d) It should contain more fats

6. Nutrients are the chemical in food which are ————————. (CO3, K4)

(a) Needed for replacement of tissues

(b) Are essential for our growth

(c) Our body needs

(d) All the above

7. Overweight meaning is ————————. (CO4, K5)

(a) BMI > 25 kg/m^2 (b) BMI = 25 kg/m^2

(c) BMI 25-29.9 kg/m^2 (d) BMI 25-40 kg/m^2

8. The main risk for heart disease and stroke. (CO4, K5)

(a) Smoking (b) Obesity

(c) Diabetes (d) Alcohol

9. What is the first thing to do before starting any physical activity? (CO5, K6)

(a) Do a warm-up exercise

(b) Proceed even if you feel pain

(c) Wear uncomfortable clothes

(d) Do cardio workout

10. The primary aim of safety education in physical education is ————————. (CO5, K6)

(a) Teamwork (b) Flexibility

(c) Competition (d) Injury prevention

Part B (5 × 5 = 25)

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

11. (a) Express the concept of physical education. (CO1, K2)

Or

(b) Outline the health benefits of fitness and wellness. (CO1, K2)

12. (a) Interpret the means of fitness development. (CO2, K4)

Or

(b) Differentiate between the concepts of free weights and machines. (CO2, K4)

13. (a) Evaluate the role of nutrition in sports. (CO3, K4)

Or

(b) Examine the role of hydration during exercise. (CO3, K4)

14. (a) Justify the concept of BMI. (CO4, K5)

Or

(b) Describe the myth of spot reduction. (CO4, K5)

15. (a) Write short notes on meaning of safety education. (CO5, K6)

Or

(b) Mentions the importance of safety education in physical education. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) List out the aims and objectives of fitness and wellness. (CO1, K2)

Or

(b) Describe about physical activity and the benefits of physical activity. (CO1, K2)

17. (a) Discuss the relationship between exercise and heart rate zones across different intensities of aerobic exercise. (CO2, K4)

Or

(b) Generate the concept of designing different fitness training program for different age groups. (CO2, K4)

18. (a) Explain about classification of carbohydrates and their functions. (CO3, K4)

Or

(b) Generate the daily caloric requirement and expenditure of an elite athlete. (CO3, K4)

19. (a) Justify: Dieting versus exercise for weight control. (CO4, K5)

Or

(b) Discuss the causes of obesity and Suggest solutions to overcome it. (CO4, K5)

20. (a) Distinguish between traditional and modern approaches to teaching in physical education. (CO5, K6)

Or

(b) Formulate safety management techniques of safety education in physical education. (CO5, K6)

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R1204	Sub. Code
	721401

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

MEASUREMENTS AND EVALUATION IN PHYSICAL EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

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

1. ———————— may be defined as a process of appraising the effectiveness or the attachment of educational goals. (CO1, K2)

   (a) Measurement (b) Test

   (c) Evaluation (d) Objective

2. Reliability denotes ————————. (CO 1, K2)

   (a) Variability among groups

   (b) Inconsistency among subjects

   (c) Consistency of performance

   (d) Personal judgment

3. The distance between the lines in shuttle run test item of JCR test ————————. (CO2, K4)

   (a) 3 feet (b) 5 feet

   (c) 4 feet (d) 6 feet

4. The degree of uniformity denotes ————————. (CO2, K4)

(a) Validity (b) Reliability

(c) Objectivity (d) Norms

5. Name the test to determine the cardiovascular effiency ————————. (CO3, K4)

(a) Harvard test

(b) Cooper's test

(c) Margaria step test

(d) Bench test

6. Longer tests comprising of more number of items tend to be more ————————. (CO3, K4)

(a) Valid (b) Objective

(c) Reliable (d) Feasible

7. SIT and REACH is used to measure ————————. (CO4, K5)

(a) Strength (b) Speed

(c) Agility (d) Flexibility

8. The maximum contraction power of the muscles is ————————. (CO4, K5)

(a) Muscular Endurance

(b) Muscular Strength

(c) Muscular Power

(d) Static Strength

9. The amount of air that can be expired after the deepest possible inspiration ———————— (CO5, K6)

(a) Vital capacity (b) Lung capacity

(c) Stroke volume (d) Cardiac output

10. BEEP TEST is used to measure ————————. (CO5, K6)

(a) Physical fitness

(b) Anaerobic fitness

(c) Motor fitness

(d) Aerobic fitness

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

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

11. (a) Mention the meaning of measurement and evaluation. (CO1, K2)

Or

(b) List out the principles of evaluation. (CO1, K2)

12. (a) What is reliability? (CO2, K4)

Or

(b) What you mean by validity? (CO2, K4)

13. (a) Write short notes on MCS Movement competency screen test. (CO3, K4)

Or

(b) Write the procedure of JCR test. (CO3, K4)

14. (a) Mention the procedure of Russel lunge volleyball test. (CO4, K5)

Or

(b) Give a detailed account on anthropometric measurement. (CO4, K5)

15. (a) What is body composition? (COS, K6)

Or

(b) Describe the methods of using skinfold caliber. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) What are the uses and advantages of Test and Measurement in present Era? (CO1, K2)

Or

(b) Write down the need and importance of test, measurement and evaluation in physical education. (CO1, K2)

17. (a) Explain the duties of a tester during and after testing a test? (CO2, K4)

Or

(b) Explain the criteria for administration of test. (CO2, K4)

18. (a) Discuss about the Oregon motor fitness test and Methany Johnson motor educability test. (CO3, K4)

Or

(b) Detail about the Indiana motor fitness test. (CO3, K4)

19. (a) Elaborate the procedure of MC Donald soccer test. (CO4, K5)

Or

(b) Illustrate the Henry Fridel Hockey test. (CO4, K5)

20. (a) What is flexibility? Mention the various types of flexibility and explain. (CO5, K6)

Or

(b) How can you evaluate a human sifting posture? Explain. (CO5, K6)

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R1205

Sub. Code
721402

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

KINESIOLOGY AND BIOMECHANICS

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

Answer **all** the questions

objective questions by choosing the correct option.

1. The study about fundamental movements of the body is called as ———— (CO1, K2)

   (a) Biomechanics (b) Kinesiology

   (c) Physiology (d) Anatomy

2. ———— is a straight line around which an object rotates. (CO1, K2)

   (a) Centre of gravity (b) Equilibrium

   (c) Axis (d) Planes

3. What is an example of a freely movable joint? (CO2, K4)

   (a) Skull

   (b) Ligamentous joint

   (c) Cartilaginous joint

   (d) Hinge joint

4. ———————— occur when the muscle changes length, producing limb motion. (CO2, K4)

(a) Isometric contractions

(b) Isotonic contractions

(c) Isokinetic contractions

(d) Muscular contractions

5. An object that moves from one place to another place is called ————————. (CO3, K4)

(a) Force (b) Motion

(c) Projectile (d) Equilibrium

6. It states that everybody continues in its state of rest or of uniform motion along a straight line unless it is compelled by an external force to change that state. (CO3, K4)

(a) Law of inertia

(b) Law of acceleration

(c) Law of reaction

(d) Law of momentum

7. ———————— is a rigid bar, which can rotate about a fixed point when a force is applied to it to overcome a resistance. (CO4,K5)

(a) Force (b) Projectile

(c) Lever (d) Motion

8. The ability to maintain balance in static and dynamic situations. (CO4, K5)

(a) Centre of gravity

(b) Equilibrium

(c) Stability

(d) Planes

9. The path of this projection in the form of a perfect curve is called ———— (CO1, K2)

(a) Force (b) Parabola

(c) Projectile (d) Centre of gravity

10. The external force required to make a body move along a circular path with uniform speed and directed towards the center is called ————. (CO1, K2)

(a) Centrifugal force

(b) Centripetal force

(c) Projectile

(d) Centre of gravity

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

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

11. (a) Write the need and importance of Biomechanics in Physical Education. (CO1, K2)

Or

(b) Briefly write about the center of gravity. (CO1, K2)

12. (a) List out the types of muscular contraction and explain. (CO2, K4)

Or

(b) Write about reciprocal innervation. (CO2, K4)

13. (a) Briefly write about types of motion with examples. (CO3, K4)

Or

(b) Write about centripetal force and centrifugal force with examples. (CO3, K4)

14. (a) What are the factors that determine the stability? Give examples. (CO4, K5)

Or

(b) Briefly write about angular speed and velocity. (CO4, K5)

15. (a) Discuss the application of biomechanical principles in a 100-meter start. (CO5, K6)

Or

(b) Examine the application of biomechanical principles in tennis serves. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the need and importance of Kinesiology in Physical Education. (CO1, K2)

Or

(b) Discuss the types of equilibrium with suitable examples. (CO1, K2)

17. (a) Explain the classification of joints with a neat diagram. (CO2, K4)

Or

(b) Discuss five postural abnormalities with a diagram. (CO2, K4)

18. (a) Enumerate the laws of motion and explain with suitable examples. (CO3, K4)

Or

(b) Discuss the factors of force with suitable examples. (CO3, K4)

19. (a) Explain the class of lever with examples. (CO4, K5)

Or

(b) Explain the application speed, velocity and acceleration in your game of specialization.(CO4, K5)

20. (a) Analyze the Biomechanical principles of any five skills in your game of specialization. (CO5, K6)

Or

(b) Analyze the fundamental movements and Biomechanical principles of any one field event. (CO5, K6)

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R1206	Sub. Code
	721403

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

RESEARCH AND STATISTICS 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. Which one of the following is not a type of research? (CO1, K2)

   (a) Action (b) Applied

   (c) Advance (d) Basic

2. An intelligent and educated guess is called as _____ (CO1, K2)

   (a) Limitation

   (b) Delimitation

   (c) Hypothesis

   (d) Statement of the problem

3. Experimental research method in physical education provides. (CO2, K4)

(a) Detail study

(b) Deep study

(c) Systematic and logical study

(d) Complete study

4. Initial step in historical research is ———— (CO2, K4)

(a) Selection of the problem

(b) Formulation of hypothesis

(c) Collection of data

(d) Criticism of source materials

5. The important character of a good research design is ———— (CO3, K4)

(a) Unbiased in nature

(b) Free from confounding effect

(c) Statistical precision

(d) All of these

6. The final result of a study will be more accurate if the sample drawn is ———— (CO3, K4)

(a) Taken randomly

(b) Fixed by quota

(c) Representative to the population

(d) Taken first and last 10

7. Histogram is also called as the ———— (CO4, K5)

(a) Column diagram

(b) Image figure

(c) Many angled figure

(d) Bar diagram

8. Formula for mean from ungrouped data is ———— (CO4, K5)

(a) M = N + 1/2 score (b) $M = \Sigma X / N$

(c) $M = N + 1/4$ (d) $M = N(n+1)/2$

9. The most reliable measures of variability is known as ———— (CO5, K6)

(a) Mean (b) Median

(c) Range (d) Standard deviation

10. The formula for Spearman's Rank order correlation is ———— (CO5, K6)

(a) $1 - 6\Sigma R2 / N(N2 - 1)$

(b) $1 - 6\Sigma D2 / N(N2 - 1)$

(c) $1 + b\Sigma R2 / N(N2 - 1)$

(d) Both (a) and (b)

Part B (5 × 5 = 25)

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

11. (a) Explain the formulation and types of hypotheses. (CO1, K2)

Or

(b) Describe the research ethics. (CO1, K2)

12. (a) Express the meaning and definition of philosophical research. (CO2, K4)

Or

(b) Discuss about the dependent and independent variables. (CO2, K4)

13. (a) Describe the types of interviews. (CO3, K4)

Or

(b) Write short notes on tools of research. (CO3, K4)

14. (a) Compute Mean for the given scores. (CO4, K5)

50, 65, 68, 70, 72, 77, 80, 85, 87, 91.

Or

(b) Express the merits and demerits of measures of central tendency. (CO4, K5)

15. (a) Describe the definition of all the measures of variabilities. (CO5, K6)

Or

(b) Compute quartiles for the given data (CO5, K6)

35, 40, 44, 52, 58, 63, 71, 76, 82, 85, 89.

Part C (5 × 8 = 40)

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

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

Or

(b) Elaborate the criteria for selecting a research problem. (CO1, K2)

17. (a) Describe in detailed the historical research. (CO2, K4)

Or

(b) Explain the meaning an need of experimental research. (CO2, K4)

18. (a) Describe the need of related literature in research and sources. (CO3, K4)

Or

(b) Explain the construction of questionnaire. (CO3, K4)

19. (a) Prepare a frequency polygon with the suitable example of your choice. (CO4, K5)

Or

(b) Find out median from the given grouped data (CO4, K5)

SI	10-19	20-29	30-39	40-49	50-59
f	1	3	4	8	10
SI	60-69	70-79	80-89	90-99	
f	7	5	2	1	

20. (a) Explain the properties of normal curve. (CO5, K6)

Or

(b) Calculate the Standard Deviation for the given data. (CO5, K6)

SI	160-169	150-159	140-149	130-139	120-129	110-119
f	1	3	8	10	12	16
SI	100-109	90-99	80-89	70-79	60-69	
f	11	7	5	2	1	

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R1207	Sub. Code
	721507

B.P.Ed. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

Elective — THEORIES OF OFFICIATING AND COACHING IN SPORTS AND GAMES

(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. Developing people's skills and abilities is effectively achieved through ———— (CO1, K2)

   (a) Officiating (b) Coaching

   (c) Observing (d) Techniques

2. What is the primary role of officiating in sports and competitions? (CO1, K2)

   (a) Refereeing (b) Administration

   (c) Organizing (d) Activities

3. The preparation of coaching is phased into ———— stages. (CO2, K4)

   (a) Five (b) Two

   (c) Three (d) Four

4. During the game, coaches need to be flexible and adapt ———— (CO2, K4)

(a) Planning (b) Recovery

(c) Team Selection (d) Changing circumstances

5. Preparation is a primary focus during ———— duties for sports officials. (CO3, K4)

(a) Off-Field (b) Pre-Game

(c) Post-Game (d) During-Game

6. Which movement involves moving backward while facing the action to keep up with play? (CO3, K4)

(a) Sidestepping (b) Backpedaling

(c) Rotations (d) Key/Area Movement

7. TA stands for ———— (CO4, K5)

(a) Team activity (b) Travel allowance

(c) Total allowance (d) Team allowance

8. DA stands for ———— (CO4, K5)

(a) Daily activity (b) Distance allowance

(c) Daily allowance (d) None of these

9. The full with of the badminton court is ———— (CO5, K6)

(a) 6.1 m (b) 5 m

(c) 6.5 m (d) 7.1 m

10. Which step involves marking boundaries and layout on the prepared ground as a guide for construction? (CO5, K6)

(a) Erosion Control (b) Marking and Layout

(c) Safety Measures (d) Excavation

Part B (5 × 5 = 25)

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

11. (a) Write about the concept of officiating and coaching. (CO1, K2)

Or

(b) Mention the importance of officiating in sports. (CO1, K2)

12. (a) What you mean by philosophy of coaching? (CO2, K4)

Or

(b) What are the duties of official in general pre during and post games? (CO2, K4)

13. (a) Write the duties of official in Hockey. (CO3, K4)

Or

(b) List down the duties of coach after post-game situation. (CO3, K4)

14. (a) How to prepare the TA and DA bill? (CO4, K5)

Or

(b) Discuss about the eligibility rules of inter collegiate games. (CO4, K5)

15. (a) Describe the history and development of football. (CO5, K6)

Or

(b) Draw a neat diagram of kabaddi court in specification. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Measures of improving the standards of officiating and coaching. (CO1, K2)

Or

(b) Describe about the relation of official and coach with management. (CO1, K2)

17. (a) What are the effects of good leadership on organizational performance? (CO2, K4)

Or

(b) Briefly explain the meaning, definition and philosophy of coaching. (CO2, K4)

18. (a) Write short note on following. (CO3, K4)

(i) Ethics of officiating

(ii) Philosophy of officiating.

Or

(b) Briefly explain the mechanism of officiating in Basketball. (CO3, K4)

19. (a) Explain the qualities and qualifications of a good coach. (CO4, K5)

Or

(b) Eligibility rules of inter university tournaments for athlete and player. (CO4, K5)

20. (a) Draw a neat diagram of volleyball court with all the measurements. (CO5, K6)

Or

(b) List down the selected Standard equipments for sports and games. (CO5, K6)

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