R1189

Sub. Code
720203

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(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 cell has an active place of energy production (CO1, K1)

   (a) Nucleus (b) Chromosome

   (c) Mitochondria (d) Golgi Apparatus

2. Study of Anatomy (CO1, K1)

   (a) Structure of the body

   (b) Functions of the body

   (c) Both (a) and (b)

   (d) None of these

3. Study of Physiology (CO2, K2)

   (a) Structure of the body

   (b) Functions of the body

   (c) Both (a) and (b)

   (d) None of these

4. What type of tissue is bone marrow? (CO2, K2)

(a) Adipose (b) Connective

(c) Areolar (d) Cellular

5. Lungs are covered by (CO3, K2)

(a) Peritoneum (b) Pleural membrane

(c) Pericardium (d) Muscle

6. Functional unit of human nervous system (CO3, K2)

(a) Nucleus (b) Dendron

(c) Axon (d) Neuron

7. The human heart is made up of (CO4, K2)

(a) Skin (b) Skeletal

(c) Muscle (d) Tissue

8. How many pairs of the spinal nerves are found in human? (CO4, K2)

(a) 31 (b) 33

(c) 24 (d) 12

9. Immovable joints (CO5, K2)

(a) Elbow joint (b) Ankle joint

(c) Shoulder joint (d) Skull

10. Renal glands produce (CO5, K2)

(a) Adrenalin (b) Renin

(c) Pepsin (d) None of the above

Part B (5 × 5 = 25)

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

11. (a) Write the need and importance of Anatomy. (CO1, K2)

Or

(b) Write down the Definition of Cell Tissues. (CO1, K2)

12. (a) Discuss the classification of bones. (CO2, K2)

Or

(b) Short notes about the characteristics of Muscles. (CO2, K2)

13. (a) Short notes about the Composition of Blood. (CO3, K3)

Or

(b) Discuss the Mechanism of Respiration. (CO3, K3)

14. (a) Draw a structure of the Brain. (CO4, K2)

Or

(b) Write the functions of the eye. (CO4, K2)

15. (a) Write the functions digestive system. (CO5, K2)

Or

(b) Write the formation of Urine. (CO5, K3)

Part C (5 × 8 = 40)

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

16. (a) Explain the types of tissues. (CO1, K3)

Or

(b) Draw a neat diagram of the cell and its parts. (CO1, K2)

17. (a) Explain the classification of joints. (CO2, K2)

Or

(b) Discuss the classification of muscles. (CO2, K2)

18. (a) Write the functions of Blood. (CO3, K3)

Or

(b) Draw a neat diagram of the heart and its parts. (CO3, K2)

19. (a) Explain the functions of the brain. (CO4, K3)

Or

(b) Explain any three endocrine glands. (CO4, K3)

20. (a) Write the structure and functions of the kidney. (CO5, K3)

Or

(b) Explain the functions of the elementary canal. (CO5, K3)

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R1190

Sub. Code
720204

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

THEORIES OF SPORTS AND GAMES – I

(Badminton, Basketball, Cricket, Fencing, Football, Kabaddi, Kho-Kho and Beach volleyball)

(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. Who is the father of basketball? (CO1, K1)

   (a) James Naismith (b) William G. Morgan

   (c) Henry Wilson (d) H.C. Buck

2. Which of the following is associated with the game hockey? (CO1, K1)

   (a) Thomas cup (b) Uber cup

   (c) Davis cup (d) Stanley cup

3. The weight of the basketball is (CO2, K1)

   (a) 567 to 650 gms (b) 425 to 550 gms

   (c) 600 to 700 gms (d) 625 to 745 gms

4. The height of handball post is (CO2, K1)

(a) 2 mts (b) 3 mts

(c) 2.5 mts (d) 3.15 mts

5. The distance of the penalty stroke from the end line is (CO3, K2)

(a) 6.4 mts (b) 7 mts

(c) 5.5 mts (d) 6 mts

6. The volleyball court measurement is (CO3, K2)

(a) 18×9 mts (b) 18×10 mts

(c) 18×8 mts (d) 18×12 mts

7. Which one is an offensive skill is basket ball? (CO4, K2)

(a) Shooting (b) Passing

(c) Dibbling (d) All the above

8. The term "deadlift" is associated with (CO4, K2)

(a) Basketball (b) Volleyball

(c) Handball (d) Power lifting

9. How many quarters are there in a basketball game? (CO5, K2)

(a) 2 (b) 4

(c) 6 (d) No quarters

10. How many players should be in each team in volleyball? ? (CO5, K1)

(a) 6 (b) 7

(c) 5 (d) 12

Part B (5 × 5 = 25)

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

11. (a) Write down the history of weight lifting. (CO1, K2)

Or

(b) Write down the history of basketball. (CO1, K2)

12. (a) Draw a neat diagram of handball court. (CO2, K2)

Or

(b) Specify the post of football with all measurements. (CO2, K2)

13. (a) Mention the basic rules of football. (CO3, K3)

Or

(b) What are the basic rules of volleyball? (CO3, K3)

14. (a) What are the basic skills of volleyball? (CO4, K3)

Or

(b) Write down the skills and drills of power lifting. (CO4, K4)

15. (a) Explain the duties of table officials in basketball. (CO5, K3)

Or

(b) Explain the duties of umpires in weight lifting. (CO5, K3)

Part C (5 × 8 = 40)

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

16. (a) Illustrate about the history and development of hockey. (CO1, K2)

Or

(b) Describe about the history and development of the game volleyball. (CO1, K2)

17. (a) Draw a neat diagram of hockey field with all markings. (CO2, K2)

Or

(b) Draw a neat diagram of volleyball court and post with all specifications. (CO2, K2)

18. (a) Illustrate about the rules and interperation of Handball. (CO3, K3)

Or

(b) Describe about the rules of interperation of basketball. (CO3, K3)

19. (a) Explain the skills and drills of handball. (CO4, K4)

Or

(b) Explain the skills of drills of volleyball. (CO4, K4)

20. (a) Describe the officiating mechanism of basket ball. (CO5, K4)

Or

(b) Illustrate the duties of officials in volleyball. (CO5, K4)

R1191

Sub. Code
7202E1

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Second Semester

Physical Education

Elective – SPORTS NUTRITION

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

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

1. Living objects need food to obtain (CO1, K2)

   (a) Oxygen (b) Water

   (c) Organic Matter (d) Energy

2. Which of the following are the sources of fats? (CO1, K2)

   (a) Oil, Ghee, Butter (b) Eggs

   (c) Iron and Calcium (d) Rice, Wheat, Potatoes

3. The food helps to build the body is (CO2, K3)

   (a) Carbohydrates (b) Fat

   (c) Proteins (d) Vitamins

4. The term lipid is the another name of (CO2, K3)

   (a) Proteins (b) Water

   (c) Minerals (d) Fat

5. The sunlight is the sources of (CO3, K4)

(a) Vitamin A (b) Vitamin B

(c) Vitamin C (d) Vitamin D

6. The important functions of calcium is (CO3, K4)

(a) Components of bones and teeth

(b) Normal reproductive functions

(c) Cetabolic metabolism

(d) Normal functioning of thyroid

7. The doping in sports field helps to (CO4, K5)

(a) Decrease the performance

(b) Maintain the performance

(c) Enhance the performance

(d) Stop the performance

8. The steroids develops the secondary male characteristics in female (CO4, K5)

(a) Myofin steroids

(b) Anabolic steroids

(c) Amphetamines steroids

(d) Alkaline salts

9. Diet becomes predominantly carbohydrates three to four days prior to competition is called (CO5, K6)

(a) Carbohydrate loading

(b) Food loading

(c) Post game meal

(d) Weight gain diet

10. The food providing adequate amounts of the nutrients necessary for good health is (CO5, K6)

(a) Malnutrition (b) Food intake

(c) Balanced Diet (d) Dietary fibers

Part B (5 × 5 = 25)

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

11. (a) Write the meaning of diet, nutrition and sports nutrition. (CO1, K2)

Or

(b) List down the basic nutrients. (CO1, K2)

12. (a) Classify the function of protein in human body. (CO2, K3)

Or

(b) What are the sources of food items rich in fat? (CO2, K3)

13. (a) Explain the function of calcium. (CO3, K4)

Or

(b) Clarify the Sources of iron and its functions. (CO3, K4)

14. (a) Interpret the doping with sports performance. (CO4, K5)

Or

(b) Explain about the nutritional ergogenics. (CO4, K5)

15. (a) Explain about the Balanced Diet. (CO5, K6)

Or

(b) What are the Physiological problems faced due to food Poisoning? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Describe the role of nutrition in the field of physical education. (CO1, K2)

Or

(b) Arrange the food guide pyramid. (CO1, K2)

17. (a) Illustrate the carbo-loading. (CO2, K3)

Or

(b) Classify the carbohydrates, proteins and fats. (CO2, K3)

18. (a) List out the different types of vitamins and its food Sources. (CO3, K4)

Or

(b) Identify the need of water fluid needs during physical activity. (CO3, K4)

19. (a) Illustrate the method of weight control through Diet. (CO4, K5)

Or

(b) Interpret the different types of ergogenic aids. (CO4, K5)

20. (a) Explain the Pre-game meal. (CO5, K6)

Or

(b) Examine the minerals Supplements in sports performance (CO5, K6)

R1192

Sub. Code
720403

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Fourth 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 type questions by choosing the correct option.

1. Physiology is a science that deals with the study about the ———————— of the human body. (CO1, K2)
   (a) Structure (b) Movement
   (c) Behaviour (d) Function

2. The colour of fast twitch muscle fiber is (CO1, K2)
   (a) Red (b) White
   (c) Grey (d) Black

3. Muscle atrophy is (CO2, K3)
   (a) Muscle Gain
   (b) Muscle disease
   (c) Decrease in Muscle mass
   (d) Break down of smooth muscles

4. Sliding Filament theory is related to (CO2, K3)
   (a) Muscles (b) Heart
   (c) Lungs (d) Diet

5. The amount of air which enters the lungs during normal inhalation at rest is (CO3, K4)

(a) Stroke Volume (b) Vital Capacity

(c) Cardiac Output (d) Tidal Volume

6. How many lungs are there in human body? (CO3, K4)

(a) One (b) Two

(c) Three (d) Four

7. During the exercise heart rate is (CO4, K5)

(a) Remain same (b) Decrease

(c) Increase (d) Stopped

8. A normal adult has a cardiac output of (CO4, K5)

(a) 2 liters (b) 3 liters

(c) 4 liters (d) 5 liters

9. The brain is the part of ———— system. (CO5, K6)

(a) Nervous (b) Respiratory

(c) Circulatory (d) Skeleton

10. The site of transmission of electric nerve impulses between two nerve cell is (CO5, K6)

(a) Smash (b) Synapse

(c) Systole (d) Diastole

Part B (5 × 5 = 25)

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

11. (a) Identify the functions of skeletal muscle. (CO1, K2)

Or

(b) Classify the types of muscle fiber in human body. (CO1, K2)

12. (a) Describe the sliding filament theory of muscular contraction. (CO2, K3)

Or

(b) Explain the kerb cycle. (CO2, K3)

13. (a) Write about the vital capacity and tidal volume. (CO3, K4)

Or

(b) Analyze the mechanism of respiration. (CO3, K4)

14. (a) List down the effect of exercise on circulatory system. (CO4, K5)

Or

(b) Explain the pulmonary circulation. (CO4, K5)

15. (a) Discuss about the effect of exercise on nervous system. (CO5, K6)

Or

(b) Define reflex arc and explain it. (CO5, K6)

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

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

16. (a) Diagrammatically explain the microscopic structure of the muscle fiber. (CO1, K2)

Or

(b) Illustrate the nature and scope of physiology of exercise. (CO1, K2)

17. (a) Elaborate the anaerobic metabolism. (CO2, K3)

Or

(b) Illustrate the effect of exercise and training on muscular system. (CO2, K3)

18. (a) Discuss about the effect of exercise on respiratory system. (CO3, K4)

Or

(b) Interpret the ventilation during exercise on respiratory system. (CO3, K4)

19. (a) Illustrate the stroke volume and cardiac output. (CO4, K5)

Or

(b) Draw a neat diagram of heart and explain its functions. (CO4, K5)

20. (a) Interpret the reflex action of sportsman and normal person. (CO5, K6)

Or

(b) Examine the nervous system of human body. (CO5, K6)

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R1193

Sub. Code
720404

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

THEORIES OF SPORTS AND GAMES — II

(BOXING, WEIGHT LIFTING, HANDBALL, HOCKEY, TENNIS, VOLLEYBALL, 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 measurement of women kabaddi court is (CO1, K1)

   (a) 12 × 8 mts (b) 13 × 10 mts

   (c) 8 × 10 mts (d) 10 × 12 mts

2. Which cup is for Badminton? (CO1, K1)

   (a) Ratan Tata Cup

   (b) Nehru Trophy

   (c) Wellington Trophy

   (d) Thomas Cup

3. The measurement of sitting box in kho-kho is (CO2, K2)

   (a) 30 × 30 cm (b) 35 × 30 cm

   (c) 20 × 25 cm (d) 20 × 20 cm

4. The length of the cricket pitch should be (CO2, K2)

(a) 28-30 mts (b) 25-28 mts

(c) 20-25 mts (d) 30-35 mts

5. The ability to move the body as quick as possible is (CO3, K1)

(a) Strength (b) Speed

(c) Agility (d) Endurance

6. The ability to move muscles and joints through a full normal range of motion. (CO3, K1)

(a) Speed (b) Agility

(c) Flexibility (d) Strength

7. Which of the following is a fundamental offensive skill in Kabaddi? (CO4, K1)

(a) Wrist catch (b) Leg thrust

(c) Normal grip (d) Knee catch

8. In the game cricket, a wicket is made of (CO4, K2)

(a) Pitch and bails (b) Stumps and bails

(c) Stumps and pitch (d) Bowls and pitch

9. How many points for Lona in Kabaddi? (CO5, K3)

(a) 1 point (b) 2 points

(c) 3 points (d) No points

10. How many officials in Badminton? (CO5, K3)

(a) 6 (b) 5

(c) 4 (d) 7

Part B (5 × 5 = 25)

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

11. (a) Write down the history of Kabaddi in India. (CO1, K1)

Or

(b) What are important tournaments of Tennis? (CO1, K1)

12. (a) Draw a neat diagram of Men Kabaddi court. (CO2, K2)

Or

(b) Draw a neat diagram of Tennis court with all markings. (CO2, K2)

13. (a) Specify the General and Specific Warm up. (CO3, K2)

Or

(b) Define the term strength and speed. (CO3, K2)

14. (a) Write down the basic skill of beach volleyball. (CO4, K3)

Or

(b) Write any two drills in Kho-Kho. (CO4, K4)

15. (a) Explain the duties of officials in Badminton. (CO5, K4)

Or

(b) Explain the scoring system in boxing. (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Describe the history and development of Kho-Kho. (CO1, K2)

Or

(b) Describe the recents development of cricket in India. (CO1, K2)

17. (a) Layout of Kho-Kho courts with all markings. (CO2, K2)

Or

(b) Layout of Badminton court with all specifications. (CO2, K2)

18. (a) Describe the essential fitness components. (CO3, K3)

Or

(b) Explain the leadup activities to develop the endurance and speed. (CO3, K3)

19. (a) Classify the basic skills and drills of Tennis. (CO4, K4)

Or

(b) Examine the basic skills of cricket. (CO4, K3)

20. (a) Illustrate the officiating mechanism and signals of beach volleyball. (CO5, K4)

Or

(b) Enumerate the duties of officials of Kabaddi. (CO5, K4)

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R1194

Sub. Code
7204E1

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Fourth Semester

Physical Education

Elective – HEALTH 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 important nutrient found in fish is ———————— (CO1, K1)

   (a) Zinc (b) Cooper

   (c) Vitamins K (d) Omega 3

2. Deficiency of vitamin A (CO1, K1)

   (a) Rickets (b) Beri Beri

   (c) Night blindness (d) Anemia

3. WHO defines the health includes (CO2, K2)

   (a) Physical health (b) Mental health

   (c) Social health (d) All the above

4. Chilbians, frost, bite are caused due to (CO2, K2)

   (a) Physical agents (b) Chemical agents

   (c) Biological agents (d) Mechanical agents

5. Which one is the non- communicable diseases? (CO3, K2)

(a) Hepatitis (b) Cholera

(c) Malaria (d) None of these

6. RICE therapy R- is stands for (CO3, K2)

(a) Rice (b) Rest

(c) Report (d) Repeat

7. Treatment of the water is ————————. (CO4, K2)

(a) Hydrotherapy (b) Cryotherapy

(c) Thermotherapy (d) All the above

8. Obesity leads to (CO4, K2)

(a) Infertility (b) Cancer

(c) Diabetes (d) Heart disease

9. Pain occurs in muscle (CO5, K2)

(a) Sprain (b) Strain

(c) Both (a) and (b) (d) None of these

10. First Aid information required (CO5, K2)

(a) For Everyone (b) For Students

(c) For Teacher (d) For Parents

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

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

11. (a) Write the need for Health Education. (CO1, K3)

Or

(b) Write down the factors influencing health. (CO1, K3)

12. (a) Discuss the symptoms of typhoid. (CO2, K4)

Or

(b) How to treat Diabetes? (CO2, K4)

13. (a) Write down the Principles of Safety Education. (CO3, K4)

Or

(b) Write down the safety precautions in the gymnasium. (CO3, K4)

14. (a) Discuss the types of bandages. (CO4, K3)

Or

(b) What is meant by First Aid? (CO4, K3)

15. (a) Difference between the Strain and Sprain. (CO5, K3)

Or

(b) Write the benefits of Cryotherapy. (CO5, K4)

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

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

16. (a) Write the details about Nutrition and a Balanced diet. (CO1, K4)

Or

(b) Discuss the functions of the WHO. (CO1, K4)

17. (a) Write about the symptoms and Prevention of malaria and cholera. (CO2, K4)

Or

(b) Write about the symptoms and Prevention of tuberculosis and hypertension. (CO2, K4)

18. (a) Write the need and importance of safety. (CO3, K3)

Or

(b) Explain the factors affecting safety. (CO3, K3)

19. (a) Write the details about RICE and PRICE. (CO4, K3)

Or

(b) Explain the first aid procedure for closed injuries. (CO4, K3)

20. (a) Write down the types of fracture. (CO5, K4)

Or

(b) Explain the classification of thermotherapy and hydrotherapy. (CO5, K4)

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