

R1350

Sub. Code

720601

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Sixth Semester

Physical Education

**KINESIOLOGY AND BIOMECHANICS IN PHYSICAL
EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Who is known as father of kinesiology?
(a) Plato (b) Aristotle
(c) Throdike (d) Socrates
2. The study of joint is called _____.
(a) Arthrology (b) Osteology
(c) Histology (d) Anatomy
3. Which is the longest muscle in the human body?
(a) Biceps (b) Triceps
(c) Trapezius (d) Sartorius
4. What is the major action of the supraspinatus?
(a) Abduction (b) Adduction
(c) Flexion (d) Extension

5. An imaginary line passing from the anterior to posterior direction is called _____.
- (a) Sagittal axis (b) Lateral axis
(c) Medical axis (d) Vertical axis
6. Pushing against the wall is an exercise of
- (a) Isotonic (b) Isokinetic
(c) Isometric (d) Plyometrics
7. In which type of lever the weight is in between force and fulcrum _____.
- (a) Type I (b) Type II
(c) Type III (d) Type IV
8. When a body rotates about a fixed axis the motion is
- (a) Linear (b) Uniform motion
(c) Rotary (d) Translator
9. How many phases are in gait cycle?
- (a) 4 (b) 3
(c) 5 (d) 2
10. The final phase of throwing action is
- (a) Wind up (b) Acceleration
(c) Deceleration (d) Follow-through

Part B

(5 × 5 = 25)

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

11. (a) What are importance of kinesiology in physical education?

Or

- (b) What is the historical development of kinesiology?

12. (a) Write briefly about the pectoralis major and minor muscles.

Or

- (b) Write down the origin, Insertion and actions of Rectus abdominus.

13. (a) What is ment by muscle contraction?

Or

- (b) Explain Isometric and Isotonic muscle contraction.

14. (a) Explain the types of lever.

Or

- (b) Explain the factors influencing motion.

15. (a) What are the different types of analysis in sport?

Or

- (b) Explain about the Gait Analysis.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the classification of synovial joints and body movements.
17. Explain the following muscles
 - (a) Gluteus maximus
 - (b) Gluteus Medius
 - (c) Gluteus Minimus
18. Describe the axis and planes in human body.
19. Explain the basic of biomechanics in sports.
20. Illustrate about the analysis of bio mechanical principles of jumping and pushing.
21. Explain the following muscles.
 - (a) Deltoid
 - (b) Infraspinatus
 - (c) Supraspinatus
 - (d) Subscapularis
22. Describe about the laws and types of motion.

R1351

Sub. Code

720602

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Sixth Semester

Physical Education

SPORTS MEDICINE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Mobilization of superficial tissues is
 - (a) Manipulation
 - (b) Ice application
 - (c) Warm-up
 - (d) Stretching
2. IASM means
 - (a) Indian Association of Sports Medicine
 - (b) Indian Army Sports Medicine
 - (c) International Association of Sports Management
 - (d) All the above
3. Ice application is a best method for
 - (a) Laceration
 - (b) Fracture
 - (c) Headache
 - (d) Muscle injury
4. Technique for reduction of movement to mobilize joints
 - (a) Massage
 - (b) Hydro therapy
 - (c) Electro therapy
 - (d) Cold therapy

5. Treatment for chronic injury is
(a) Rest (b) Ultra sound
(c) Massage (d) UV rays
6. SWD means
(a) Short Wave Disease
(b) Short Wave Diathermy
(c) Side Wave Diathermy
(d) Slide Wave Diathermy
7. The word "RICE" E stands for
(a) Exercise (b) Effleurage
(c) Elevation (d) Effect
8. The method of "Petrissage" is
(a) Kneading (b) Slapping
(c) Stroking (d) Vibration
9. The movements are produced by the application of external force is called
(a) Active movement (b) Passive movement
(c) Relaxed movement (d) Reflex movement
10. The tear in the muscles is called as
(a) Strain (b) Sprain
(c) Fracture (d) Dislocation

Part B

(5 × 5 = 25)

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

11. (a) Explain briefly about the nature of physiotherapy.

Or

- (b) Mention the types of injuries in sports.

12. (a) Explain briefly about the cryokinetics.

Or

(b) Write the procedure for application of Ice pack.

13. (a) Discuss about the short wave diathermy.

Or

(b) How to use paraffin wax bath and its benefits?

14. (a) What are the exercise to strengthen the muscles?

Or

(b) Explain about the active range of motion.

15. (a) Define Rehabilitations and explain the scope of Rehabilitation.

Or

(b) Explain the concept of physiotherapy.

Part C (5 × 8 = 40)

Answer any **five** questions.

16. Describe the role of physiotherapy in sports and games.

17. Explain the various types of cold modalities.

18. Discuss about Whirlpool bath, paraffin wax bath and construct bath in detail.

19. Explain the active and passive exercise for rehabilitation.
 20. Illustrate about the classification of Therapeutic exercise.
 21. Describe the scope and methods of rehabilitation.
 22. Enumerate the types of sports injuries and explain the injury management.
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R1352

Sub. Code

720603

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Sixth Semester

Physical Education

**TEST, MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION**

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. A procedure intended to establish the quality, performance is
 - (a) Test
 - (b) Norms
 - (c) Evaluation
 - (d) Measurement
2. The process by which we form judgment of students is
 - (a) Test
 - (b) Norms
 - (c) Evaluation
 - (d) Measurement
3. Criteria of test depends on
 - (a) Validity
 - (b) Reliability
 - (c) Objectivity
 - (d) All the above
4. The ability to overcome the resistance is called
 - (a) Strength
 - (b) Speed
 - (c) Flexibility
 - (d) Endurance

5. The standardised test for speed is
(a) 10 mts dash (b) 30 mts dash
(c) 50 mts dash (d) 100 mts dash
6. Flexibility means
(a) Range of motion (b) Co-ordination
(c) Range of distance (d) All the above
7. The dip strength test is used to measure the
(a) Upper body strength
(b) Lower body strength
(c) Leg strength
(d) All the above
8. Harward step test is measure the
(a) Strength (b) Speed
(c) Flexibility (d) Endurance
9. Mc Donald soccer test is a skill test of
(a) Basketball (b) Hockey
(c) Volleyball (d) Football
10. Russell Lange volleyball test was founded on.
(a) 1963 (b) 1954
(c) 1936 (d) 1973

Part B

(5 × 5 = 25)

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

11. (a) Write down the definition of test and measurement.

Or

- (b) Write the meaning and definition of evaluation.

12. (a) What is meant by validity and reliability?

Or

- (b) Explain Teachers made test.

13. (a) What are the test components in motor fitness test?

Or

- (b) Explain Harward step test.

14. (a) Explain in detail Shuttle Run.

Or

- (b) Write the procedure of standing Broad Jump.

15. (a) Write any one skill test of the game Basketball.

Or

- (b) How to score the Miller Wall Volley test?

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the need and importance of measurement and education in physical education.
 17. Describe the classification of test.
 18. Describe AAPHERD youth fitness test.
 19. Explain the following SDAT test :
 - (a) 30m Fly Run
 - (b) Ball Throw
 - (c) 600m Run
 20. Describe the scimitars French field Hockey test.
 21. Explain Johnson Basket ball test.
 22. Explain Newton motor ability test.
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R1353

Sub. Code

720604

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Sixth Semester

Physical Education

SPORTS MANAGEMENT

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Spoils Management is —————.
(a) An Art (b) A Science
(c) Both (a) and (b) (d) None of these
2. The first step of the planning process is
(a) Determination of objectives
(b) Resources mobilisation
(c) Constraints identification
(d) Evaluation of alternatives
3. A leader must possess the following except
(a) Missionary Zeal
(b) Commitment
(c) Persuasiveness
(d) Selfishness

4. Which of the following is not a principle of lesson planning?
- (a) Age and Sex
 - (b) Progression
 - (c) Warming up
 - (d) Teachers Experience
5. Funds for the sports programmes can be collected through _____.
- (a) Alumni Association
 - (b) Donation
 - (c) Funds from public sector undertakings
 - (d) All the above
6. What does a time table indicates?
- (a) Load of work on teacher only
 - (b) Working hours of the school only
 - (c) Location of class or teacher at a participant time
 - (d) All the above
7. Curriculum construction in physical education upon _____.
- (a) Nature, needs and characteristics of individuals
 - (b) Aim and objectives of physical education
 - (c) Facilities, time available and financial source
 - (d) All the above
8. Intramural program creates in students the sense of _____.
- (a) Achievement
 - (b) Involvement
 - (c) Hummer
 - (d) Enjoyment

9. The plan in which only the chief executive dictates, initiates and monitors is called _____.
- (a) Democratic Plan
 - (b) Participative Plan
 - (c) Authoritarian Plan
 - (d) None of the above
10. The ability to see the enterprise/ sports organisation as a whole is called.
- (a) Human skill
 - (b) Conceptual skill
 - (c) Mechanical skill
 - (d) None of the above

Part B

(5 × 5 = 25)

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

11. (a) Write the definition of Sports Management.

Or

- (b) Write the functions of Sports Management.

12. (a) Write the objective of Personal management.

Or

- (b) Write down the functions of Personal Management.

13. (a) Write the Meaning of Sports Marketing.

Or

- (b) Discuss about the Market Awareness.

14. (a) How to supply the sports equipment?

Or

(b) What is meant by the Equipment and Supply manager?

15. (a) Details about the type of Budget.

Or

(b) What is meant by Accounting and Budgeting?

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Write the details about the Principles and importance of Sports Management.

17. How does sports management help the Physical Education Teachers?

18. Write brief details about the role of Personal Manager.

19. Discuss Sports Marketing.

20. How do selections and supplies of equipment?

21. Discuss the Budget record maintenance.

22. How do Accounting and Budgeting help Physical Education Teachers?

R1354

Sub. Code

720711

B.Sc. DEGREE EXAMINATION, APRIL – 2024

Sixth Semester

Physical Education

Elective – SPORTS INJURIES AND PHYSIOTHERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Injury occurs in the place of muscle
 - (a) Strain
 - (b) Sprain
 - (c) Cramp
 - (d) Burn
2. Injury occurs in the ligament _____ called
 - (a) Strain
 - (b) Sprain
 - (c) Cramp
 - (d) Burn
3. Which of the following is not a complete fracture?
 - (a) Spiral fracture
 - (b) Oblique fracture
 - (c) Transverse fracture
 - (d) Avulsion fracture
4. Cryotherapy is the first treatment given for
 - (a) Bleeding Wounds
 - (b) Sprain
 - (c) Dislocation
 - (d) All of the above

5. Stress fracture is common among
 - (a) Dancers & Athletes
 - (b) Factory Workers
 - (c) Women
 - (d) General Population

6. The quickest and most effective way to stop bleeding is?
 - (a) Direct pressure on the wound
 - (b) Cryotherapy
 - (c) Hydrotherapy
 - (d) Tourniquets

7. Muscle injuries should be immediately treated by
 - (a) Taking a warm bath
 - (b) Applying ice
 - (c) Engaging in light exercise
 - (d) Apply strapping

8. The use of cold and hot water alternatively on Physical injury is called _____
 - (a) Electrotherapy (b) Cryotherapy
 - (c) Hydrotherapy (d) Contrast bath

9. Sports Injuries can be minimized by?
 - (a) Massage (b) Sauna bath
 - (c) Steam bath (d) All of the above

10. First Aid information is required
 - (a) For everyone (b) For students
 - (c) For teachers (d) For parents

Part B

(5 × 5 = 25)

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

11. (a) Write the importance of Physiotherapy.

Or

- (b) Write down the prevention of Sports Injuries.

12. (a) Write the causes of sports injuries.

Or

- (b) How to treat the chronic injuries?

13. (a) Write down the benefits of thermotherapy.

Or

- (b) Difference between a Steam bath and a sauna bath.

14. (a) Write the benefits of therapeutic exercise.

Or

- (b) What is meant by Active resistance Exercise?

15. (a) Details about the history of massage.

Or

- (b) Write the benefits of Massage.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Write the details about the Principles of Physiotherapy.
17. Explain the causes, signs, and symptoms of open injuries.

18. Explain the causes, signs and symptoms of closed injuries.
 19. Write the history of hydrotherapy and its benefits.
 20. Explain the type of therapeutic exercise.
 21. Explain the types of massage.
 22. Explain the physiological effects of massage.
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