

R1208

Sub. Code

771101

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

First Year

Physical Education

**PRINCIPLES AND HISTORY OF 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. What does physical culture encompass? (CO1, K2)
(a) Fitness (b) Wellness
(c) Health (d) Holistic
2. The role of promoting health and wellness among students is known as _____ (CO1, K2)
(a) Physical education
(b) Sports
(c) General education
(d) Physical culture
3. Somatic types which have a rounder, softer body shape with higher body fat and a wider waistline are known as _____ (CO2, K4)
(a) Ectomorphs (b) Mesomorphs
(c) Endomorphs (d) Hypomorphs

4. The age refers to an individual's cognitive ability or intellectual functioning relative to their chronological age is known as _____. (CO2, K4)
- (a) Psychological age (b) Emotional age
(c) Mental age (d) Intellectual age
5. A _____ forms when individuals interact, share traits, and feel united. (CO3, K4)
- (a) Social group (b) Community
(c) Society (d) Collective
6. The bond and togetherness between people regardless of their caste, creed, religion, or gender is known as _____. (CO3, K4)
- (a) Unity
(b) Harmony
(c) Inclusivity
(d) National Integration
7. Which year marks the revival of Modern Olympics? (CO4, K5)
- (a) 1890 (b) 1892
(c) 1896 (d) 1894
8. The first Asian Games were held in _____. (CO4, K5)
- (a) 1950 (b) 1951
(c) 1952 (d) 1953
9. The expansion of NSGFI is _____. (CO5, K6)
- (a) National Sports Games Federation of India
(b) National Schools Games Federation of India
(c) National Student Games Federation of India
(d) National Scholastic Games Federation of India

10. The _____ has been organizing Inter-University Tournaments. (CO5, K6)
- (a) Indian Olympic Association
 - (b) Sports Authority of India
 - (c) National Collegiate Athletic Association
 - (d) Association of Indian Universities

Part B (5 × 5 = 25)

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

11. (a) Write short notes on meaning of education and physical education. (CO1, K2)

Or

- (b) List out the aims and objectives of physical education. (CO1, K2)

12. (a) How does exercise affect the athletic heart? (CO2, K4)

Or

- (b) Write short note on body mechanics and its types. (CO2, K4)

13. (a) Discuss about National Integration Leadership. (CO3, K4)

Or

- (b) What is social Qualities? (CO3, K4)

14. (a) What role did physical education play in ancient Sparta? (CO4, K5)

Or

- (b) Explain about ancient Olympic game. (CO4, K5)

15. (a) List out the various teacher training institution in Tamilnadu. (CO5, K6)

Or

- (b) Role of National School Games Federation of India. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Compare the relationship of physical education to general education. (CO1, K2)

Or

- (b) What are the sources that contribute to the principles of physical education? (CO1, K2)

17. (a) Write detailed about Kretschmer classifications. (CO2, K4)

Or

- (b) What role does chronological age play in physical education planning? (CO2, K4)

18. (a) Explain about the social groups and their significance. (CO3, K4)

Or

- (b) Explain the concept of the Gregarious Instinct. (CO3, K4)

19. (a) Explain physical education in ancient Greece. (CO4, K5)

Or

- (b) Detailed about the contribution of a Basedow Gutsmuth Lunderig Johnin physical education. (CO4, K5)

20. (a) Role of physical education in India. Explain. (CO5, K6)

Or

- (b) Explain about SDAT. (CO5, K6)

R1209

Sub. Code

771102

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

First Year

Physical Education

SPORTS MANAGEMENT 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. What is sports management primarily concerned with?
(CO1, K2)
 - (a) Organizing sports events only
 - (b) Developing athletic talent exclusively
 - (c) Managing sports programs, facilities, and resources effectively
 - (d) Promoting sports marketing initiatives

2. What are the essential leadership qualities necessary for effective staff management in physical education programs?
(CO1, K2)
 - (a) Micro-management and strict supervision
 - (b) Flexibility and adaptability
 - (c) Autocratic decision-making and control
 - (d) Lack of communication and collaboration

3. Why maintain high standards play field facilities important? (CO2, K4)
 - (a) To ensure safety and enhance the overall experience
 - (b) To impress visitors and spectators
 - (c) To increase the cost of maintaining the facilities
 - (d) To limit access to the facilities

4. Which of the following factors influences program planning in sports management? (CO2, K4)
 - (a) Weather conditions only
 - (b) Athlete preferences exclusively
 - (c) Multiple factors including financial resources, facility availability, and participant demographics
 - (d) Personal opinions of the program planner solely

5. What is supervision primarily concerned with? (CO3, K4)
 - (a) Creating conflict among staff members
 - (b) Reducing efficiency in program implementation
 - (c) Ensuring accountability and quality control
 - (d) Minimizing communication with teachers

6. What are the essential features of supervision? (CO3, K4)
 - (a) Micro-management and rigid control
 - (b) Adaptability and open communication
 - (c) Autocratic decision-making and lack of feedback
 - (d) Limited interaction with staff members

7. Which of the following is an example of an administrative duty of a supervisor? (CO4, K5)
- (a) Managing staff schedules and assignments
 - (b) Organizing sports tournaments
 - (c) Teaching physical education classes
 - (d) Coaching a sports team
8. What are some methods commonly employed in the supervision of physical education programs? (CO4, K5)
- (a) Hosting sports tournaments
 - (b) Conducting research studies
 - (c) Periodic surprise visits and request-based observations
 - (d) Teaching physical education classes
9. What aspect of supervision highlights the supervisor's role in assessing performance and providing feedback? (CO5, K6)
- (a) Staff scheduling
 - (b) Facility maintenance
 - (c) Curriculum development
 - (d) Observation and evaluation
10. Why is the preparation and conduct of demonstration important in physical education? (CO5, K6)
- (a) It serves as a form of entertainment for students
 - (b) It allows teachers to avoid planning regular lessons
 - (c) It increases the workload for teachers
 - (d) It helps illustrate proper techniques and skills to students

Part B

(5 × 5 = 25)

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

11. (a) Define sports management and elucidate its importance of sports Programmes. (CO1, K2)

Or

- (b) Explain the key principles of sports management and discuss their significance in ensuring the effective management of sports activities and events. (CO1, K2)

12. (a) Writes the importance of maintaining high standards play field facilities. (CO2, K4)

Or

- (b) Write the essential leadership qualities necessary for effective staff management in physical education programs. (CO2, K4)

13. (a) Write the various factors influence program planning in sports management. (CO3, K4)

Or

- (b) Write the importance of maintaining accurate records and registers in sports management. (CO3, K4)

14. (a) Define supervision and write the need and importance of supervision. (CO4, K5)

Or

- (b) Write the guiding principles of supervision and outline their relevance in ensuring efficient oversight of physical education activities. (CO4, K5)

15. (a) Write about periodic surprise visits, request-based observations in physical education. (CO5, K6)

Or

- (b) Shot Notes on (CO5, K6)
(i) Refresher courses
(ii) Conferences

Part C (5 × 8 = 40)

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

16. (a) Explain principles of Sports Management. (CO1, K2)

Or

- (b) Explain objectives of Sports Management. (CO1, K2)

17. (a) Qualities and qualification of Physical education teacher– Explain. (CO2, K4)

Or

- (b) Explain care and maintenance of Swimming pool. (CO2, K4)

18. (a) Explain factors influencing physical education programme planning. (CO3, K4)

Or

- (b) Explain preparation and administration of a Budget. (CO3, K4)

19. (a) Explain meaning and needs for supervision. (CO4, K5)

Or

- (b) Explain guiding principles of supervision. (CO4, K5)

20. (a) Explain types of supervision. (CO5, K6)

Or

(b) Explain importance of preparation and conduct of Demonstration. (CO5, K6)

R1210

Sub. Code

771103

D.P.Ed. EXAMINATION, APRIL – 2024

First Year

Physical Education

METHODS 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. An objective or device used by a _____ to enhance or enliven classroom instructions. (CO1, K2)
(a) Learner (b) Teacher
(c) Curriculum (d) Structure

2. The manner of artistic execution in presenting a subject matter is the _____. (CO1, K2)
(a) Presentation Technique
(b) Technical preparation
(c) Planning
(d) Personal preparation

3. Whole-Part-Whole method commonly used for _____ (CO2, K4)

- (a) Learning
- (b) Skill acquisition
- (c) Mathematical calculations
- (d) Writing poetry

4. The teacher explain the activity by words is known as _____ methods. (CO2, K4)

- (a) Command (b) Demonstration
- (c) Imitation (d) Oral

5. The aim of coaching lesson is to teach _____ in major game. (CO3, K4)

- (a) Particular Skills
- (b) Advanced Skills
- (c) Fundamental Skills
- (d) Tactical Skills

6. Calisthenics exercise is divided into _____ types. (CO3, K4)

- (a) Four (b) Two
- (c) Eight (d) Six

7. The intramural director will always be the _____ (CO4, K5)
- (a) Head master
 - (b) Principal
 - (c) Physical education teacher
 - (d) Senior physical education teacher
8. Pick out the Inter-institutional competitions of the followings. (CO4, K5)
- (a) Intramural
 - (b) Extramural
 - (c) Open
 - (d) None of these
9. Sports meet classified into _____ types. (CO5, K6)
- (a) Two (b) Four
 - (c) Six (d) Eight
10. _____ shall announce the date, place of the sports meet through press and other sources. (CO5, K6)
- (a) Committee for publicity
 - (b) Committee for grounds
 - (c) Committee for delegates
 - (d) Committee for Accommodation

Part B

(5 × 5 = 25)

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

11. (a) What are the factors influencing method of Physical Education? (CO1, K2)

Or

- (b) Write about the personal preparation for physical education teacher. (CO1, K2)

12. (a) Mention the principle of class management. (CO2, K4)

Or

- (b) What is demonstration method in Physical Education? (CO2, K4)

13. (a) Write the meaning of gymnastics and mention the types of gymnastics. (CO3, K4)

Or

- (b) Write the procedure of marching. (CO3, K4)

14. (a) Describe about the responsibilities of intermural committee in schools. (CO4, K5)

Or

- (b) Write the procedure of drawing knock-out fixture for eight teams. (CO4, K5)

15. (a) What you mean by standard sports meet? (CO5, K6)

Or

(b) List down the names of awards given for sports and explain anyone. (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 teaching aids in Physical Education. (CO1, K2)

Or

(b) Explain the technical preparations. (CO1, K2)

17. (a) List down the various factors influencing class management. (CO2, K4)

Or

(b) Mention the various class formation and explain the types of commends. (CO2, K4)

18. (a) What is the meaning of 'Lesson plan'? Explain the values of lesson plan. (CO3, K4)

Or

(b) Prepare a model lesson plan in General for 7th standard school students. (CO3, K4)

19. (a) Explain the benefits, drawback and method of organizing and conducting extramural competition.
(CO4, K5)

Or

- (b) Write the meaning of tournament and drawing league - cum - knockout fixture for 28 teams.
(CO4, K5)

20. (a) Explain the aim, purpose and method of organizing in sports meet.
(CO5, K6)

Or

- (b) Explain about the uses of tour related with physical education.
(CO5, K6)

R1211

Sub. Code

771104

D.PEd. DEGREE EXAMINATION, APRIL – 2024

First Year

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 study anatomy deals with _____ (CO1, K2)
 - (a) Functions of the human body
 - (b) Structure of the human body
 - (c) Energy system of the body
 - (d) Movement of the body

2. The knee joint is an example of which type of joint? (CO1, K2)
 - (a) Hinge joint
 - (b) Ball-and-socket joint
 - (c) Pivot joint
 - (d) Gliding joint

3. Which of the following is NOT a major blood vessel in the systemic circulation? (CO2, K4)
- (a) Aorta
 - (b) Pulmonary artery
 - (c) Inferior vena cava
 - (d) Coronary artery
4. What is the name of the large artery that carries oxygenated blood away from the heart to the rest of the body? (CO2, K4)
- (a) Pulmonary artery
 - (b) Aorta
 - (c) Pulmonary vein
 - (d) Inferior vena cava
5. The place where two or more bones meet is called _____ (CO3, K4)
- (a) Tendon
 - (b) Muscles
 - (c) Ligament
 - (d) Joint
6. The respiratory pathway is _____. (CO3, K4)
- (a) Nasal cavity, Larynx, Pharynx, Trachea, Bronchus
 - (b) Nasal cavity, Pharynx, Larynx, Trachea, Bronchus
 - (c) Nasal cavity, Trachea, Larynx, Pharynx, Bronchus
 - (d) Bronchus, Nasal cavity, Trachea, Larynx, Pharynx

7. What is the primary function of the salivary glands?
(CO4, K5)
- (a) Production of saliva for taste sensation
 - (b) Regulation of blood sugar levels
 - (c) Lubrication and digestion of food
 - (d) Filtering toxins from the blood
8. What is the function of saliva in the oral cavity?(CO4, K5)
- (a) Breaking down lipids
 - (b) Providing a medium for taste sensation
 - (c) Killing bacteria
 - (d) Absorbing nutrients
9. Which gland is responsible for producing growth hormone (GH), which stimulates growth and development in children and adolescents?
(CO5, K6)
- (a) Thyroid gland (b) Pituitary gland
 - (c) Adrenal gland (d) Pancreas
10. Which hormone, produced by the thyroid gland, regulates metabolism and energy expenditure?
(CO5, K6)
- (a) Insulin (b) Cortisol
 - (c) Thyroxin (d) Estrogen

Part B

(5 × 5 = 25)

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

11. (a) Draw the structure of human cell and label its parts. (CO1, K2)

Or

- (b) Write the function of Skeleton system. (CO1, K2)

12. (a) Draw a structure of human heart and label its parts. (CO2, K4)

Or

- (b) Write the function of blood. (CO2, K4)

13. (a) Write the mechanism of respiration. (CO3, K4)

Or

- (b) Draw the diagram of lung and mention the parts. (CO3, K4)

14. (a) Outline the anatomy of the salivary glands, including their location, types, and structural features. (CO4, K5)

Or

- (b) Investigate the role of the liver in the synthesis and secretion of bile. (CO4, K5)

15. (a) Write about the reflex action with example.
(CO5, K6)

Or

- (b) Short notes on : (CO5, K6)
(i) Pancreas gland
(ii) Adrenal gland

Part C (5 × 8 = 40)

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

16. (a) Briefly write the general difference in skeleton.
(CO1, K2)

Or

- (b) Briefly write the classification of bones with example.
(CO1, K2)

17. (a) Explain the structure and function of the lymphatic system, focusing on lymphatic vessels and lymph.
(CO2, K4)

Or

- (b) Explain the process of systemic circulation in the human body.
(CO2, K4)

18. (a) Describe the structure and function of the alveoli in the respiratory system. How does their structure facilitate gas exchange in the lungs? (CO3, K4)

Or

- (b) Write the effect exercise on respiratory system.
(CO3, K4)

19. (a) Describe the anatomical structure of the liver, including its lobes, blood supply, and associated structures. (CO4, K5)

Or

- (b) Draw the kidney diagram and explain the function of kidney. (CO4, K5)

20. (a) Briefly write about the thyroid gland and its functions. (CO5, K6)

Or

- (b) Write about function of autonomic nervous system. (CO5, K6)
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R1212

Sub. Code

771105

D.P.Ed. EXAMINATION, APRIL – 2024

First Year

Physical Education

**OFFICIATING AND RULES OF GAMES AND SPORTS
AND COACHING – I**

(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. The dimension of a standard football goal post _____.
(CO1, K2)
(a) 5 × 2 meters (b) 7 × 3 meters
(c) 6 × 8 meters (d) 4 × 2 meters
2. What material are softball bats typically made of?
(CO1, K2)
(a) Wood (b) Aluminum
(c) Plastic (d) Rubber
3. Umpires of the track events in an athletic meet are assistants to the _____.
(CO2, K4)
(a) Chief Judge
(b) Referee
(c) Technical manager
(d) Technical official

4. How many referees typically officiate a standard handball match? (CO2, K4)
- (a) 1 (b) 4
(c) 3 (d) 2
5. Which of the following is a key principle in basketball defense? (CO3, K4)
- (a) Zone defense (b) Double dribble
(c) Full-court press (d) Fast break
6. In the case of a tie in a knockout football match, what is the most common method to determine the winner? (CO3, K4)
- (a) Extra time (b) Penalty shootout
(c) Replay (d) Golden goal
7. The maximum force a muscle or group of muscles can generate is known as _____. (CO4, K5)
- (a) Strength (b) Endurance
(c) Speed (d) Flexibility
8. What is the primary purpose of skill drills in sports training? (CO4, K5)
- (a) Enhancing teamwork
(b) Building muscular strength
(c) Improving specific techniques
(d) Increasing game strategy
9. The best session for doing fartlek training is _____. (CO5, K6)
- (a) Off season (b) Pre-season
(c) In season (d) Transition period

10. What is the primary purpose of weight training?
(CO5, K6)
- (a) Cardiovascular fitness
 - (b) Flexibility
 - (c) Strength and muscle development
 - (d) Balance

Part B (5 × 5 = 25)

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

11. (a) Write about the methods of coaching in athletics.
(CO1, K2)

Or

- (b) Write down the standard equipment for softball game and its specification. (CO1, K2)
12. (a) What are the rules followed in the game of throw ball?
(CO2, K4)

Or

- (b) Describe the officiating signals of basketball game. (CO2, K4)
13. (a) List down the lead up activity for the basketball game. (CO3, K4)

Or

- (b) What is team tactics? (CO3, K4)
14. (a) List down the types of warming up and explain. (CO4, K5)

Or

- (b) What is the meaning print copies of sports training?
(CO4, K5)

15. (a) Explain fartlek training. (CO5, K6)

Or

(b) What is weight training exercise? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the history and development of your own specialization. (CO1, K2)

Or

(b) Draw a neat diagram of a basketball court and mention its dimensions. (CO1, K2)

17. (a) Write about the laws of the football game. (CO2, K4)

Or

(b) Draw a position and signals for the kabaddi game. (CO2, K4)

18. (a) Elaborate attacking and defensive tactics of your own specialization. (CO3, K4)

Or

(b) Examine any four drills for the development of skills in throw ball. (CO3, K4)

19. (a) Difference between training and coaching. (CO4, K5)

Or

(b) Discuss about the physical conditioning and exercises. (CO4, K5)

20. (a) Explain the circuit training and make a schedule for athlete sprinters. (CO5, K6)

Or

(b) Construct the interval training schedule for softball players. (CO5, K6)

R1213

Sub. Code

771201

D.P.Ed. EXAMINATION, APRIL – 2024

Second Year

Physical Education

MEASUREMENT AND EVALUATION

(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. The information about the individual is known as _____.
(CO1, K2)
(a) Test (b) Measurement
(c) Data (d) Norms
2. Collection of information is _____. (CO1, K2)
(a) Test (b) Measurement
(c) Data (d) Norms
3. During research, the data will be taken from the participants before the intervention period is called as _____.
(CO2, K4)
(a) Test (b) Pretest
(c) Post test (d) Retest

4. Expansion of AAHPERD is _____. (CO2, K4)
- (a) American Association Health Physical Education Recreation and Dance
 - (b) American Alliance Health Physical Education Recreation and Dance
 - (c) American Association Health Physical Education Recreative and Dance
 - (d) American Alliance Physical Education Recreation Health and Dance
5. Maximum distance covered by short period is _____. (CO3, K4)
- (a) Speed (b) Acceleration
 - (c) Endurance (d) Agility
6. Soft Ball Throw is to measure _____. (CO3, K4)
- (a) Shoulder Explosive power
 - (b) Shoulder strength
 - (c) Throwing Accuracy
 - (d) Arm – shoulder coordination
7. Harvard Step Test, Step height of college men _____. (CO4, K5)
- (a) 20 inches (b) 18 inches
 - (c) 16 inches (d) 14 inches
8. Russel - Lange Volleyball test for _____. (CO4, K5)
- (a) High school boys (b) College men
 - (c) High school girls (d) College women
9. Restricted line distance of Dyer Tennis Test _____. (CO5, K6)
- (a) 3 feet (b) 5 feet
 - (c) 9 feet (d) 15 feet

10. Woodruff test was _____ . (CO5, K6)
- (a) Alignment test
 - (b) Flexibility Test
 - (c) Body Composition Test
 - (d) BMI Test

Part B (5 × 5 = 25)

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

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

Or

- (b) What is the meaning of Reliability? (CO1, K2)

12. (a) What is the meaning of a teacher-made test? (CO2, K4)

Or

- (b) Write about the subjective test. (CO2, K4)

13. (a) Write the testing procedure of the JCR test. (CO3, K4)

Or

- (b) Write about the meaning and definition of the physical fitness test. (CO3, K4)

14. (a) Write about the Hardward-Step test. (CO4, K5)

Or

- (b) Write about the classification of Pupil. (CO4, K5)

15. (a) How will you conduct the French short-serve test? (CO5, K6)

Or

- (b) How will you conduct the McDonald Wall Volley test? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the criteria for a good test. (CO1, K2)

Or

- (b) Discuss the need and importance of evaluation and measurement. (CO1, K2)

17. (a) Explain the importance of the administration of tests during the research. (CO2, K4)

Or

- (b) Discuss the significance of analysing, presenting and interpreting the collected data. (CO2, K4)

18. (a) Explain the procedure of the AAPHERD youth fitness test. (CO3, K4)

Or

- (b) Write the testing procedure for the Borrow motor ability test. (CO3, K4)

19. (a) Explain the testing procedure of Cooper's 12-minute run/walk test. (CO4, K5)

Or

- (b) Explain the methods of classification grading and evaluation in Physical Education. (CO4, K5)

20. (a) Explain the testing procedures of the Russel Lange Volley Ball test. (CO5, K6)

Or

- (b) Explain the testing procedures of the Johnson Basketball test. (CO5, K6)

R1214

Sub. Code

771202

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

Second Year

Physical Education

RECREATION, CAMPING AND SAFETY 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 of the following is a significance of recreation?
(CO1, K2)
 - (a) Increases stress level.
 - (b) Detracts from overall well-being
 - (c) Promotes physical, mental, and emotional health
 - (d) Decreases social interaction

2. What is the scope of recreation?
(CO1, K2)
 - (a) Limited to indoor activities only
 - (b) Encompasses a wide range of leisure pursuits and activities
 - (c) Focuses solely on competitive sports
 - (d) Excludes activities related to physical exercise

3. What was the primary aim of recreation in ancient cultures? (CO2, K4)
- (a) Competitive sports
 - (b) Social bonding and cohesion
 - (c) Economic gain
 - (d) Political dominance
4. What facilities are typically found in a recreational center? (CO2, K4)
- (a) Assembly line production units
 - (b) Laboratories
 - (c) Swimming pools, gyms, and sports courts
 - (d) Parking garages.
5. Which statement best describes the importance of regular maintenance for recreational equipment? (CO3, K4)
- (a) It is unnecessary and costly
 - (b) It ensures safety and prolongs the lifespan of equipment
 - (c) It hinders participation in recreational activities
 - (d) It is solely the responsibility of users
6. What skills are essential for success in a career in recreation? (CO3, K4)
- (a) Technical expertise only
 - (b) Interpersonal communication, organizational, and problem-solving skills
 - (c) Financial management exclusively
 - (d) Scientific research abilities

7. How does tourism industry contribute to career opportunities in recreation? (CO4, K5)
- (a) It does not affect career prospects in recreation
 - (b) It creates demand for recreation professionals in hospitality and leisure sectors
 - (c) It discourages outdoor activities
 - (d) It limits opportunities for professional growth
8. Which of the following career paths is commonly associated with recreation? (CO4, K5)
- (a) Law enforcement
 - (b) Financial analysis
 - (c) Event planning
 - (d) Software engineering
9. What is the primary goal of safety education? (CO5, K6)
- (a) To promote risk-taking behavior
 - (b) To increase awareness of potential hazards and prevent accidents
 - (c) To encourage reckless behavior
 - (d) To ignore safety protocols
10. What are some factors that can affect safety at home? (CO5, K6)
- (a) Lack of ventilation
 - (b) Adequate lighting and clear pathways
 - (c) Overcrowding
 - (d) Excessive use of electronic devices

Part B

(5 × 5 = 25)

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

11. (a) Write the scope and significance of recreation and camping. (CO1, K2)

Or

- (b) List out the aims and objectives of recreation. (CO1, K2)

12. (a) Explain the Recreation in Primitive Culture. (CO2, K4)

Or

- (b) Write the note on recreation in rural community. (CO2, K4)

13. (a) What are the General Principles of Programme Construction? (CO3, K4)

Or

- (b) Briefly write about Arts and Crafts Programmes. (CO3, K4)

14. (a) What are the Techniques that are adopted in maintain the leadership strategies? (CO4, K5)

Or

- (b) What are the career opportunities of Recreation? (CO4, K5)

15. (a) Write the importance of safety education in play ground. (CO5, K6)

Or

- (b) Write the importance of productive equipment's in swimming pool. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) How do you organize recreational and leisure time activities? (CO1, K2)

Or

- (b) Explain the Relationship of Play, Work and Recreation? (CO1, K2)

17. (a) Describe the various Agencies offering Recreation. (CO2, K4)

Or

- (b) Write down recreation areas, equipment facilities and their maintenance. (CO2, K4)

18. (a) Explain the program planning for recreational activities and general principles of construction. (CO3, K4)

Or

- (b) Write types of recreation and explain any three in detail. (CO3, K4)

19. (a) Define camping and explain types of camps, scope and significance of camping. (CO4, K5)

Or

- (b) Explain the leadership supervision functions in camp program. (CO4, K5)

20. (a) Write meaning of safety education and explain factors affecting safety at home. (CO5, K6)

Or

- (b) Explain the role of physical education teacher in safety. (CO5, K6)
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R1215

Sub. Code

771203

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

Second Year

Physical Education

**HEALTH EDUCATION NUTRITION AND SPORTS
INJURY MANAGEMENT**

(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 level of healthcare focuses on preventive measures and health education? (CO1, K2)
 - (a) Primary care
 - (b) Secondary care
 - (c) Tertiary care
 - (d) Quaternary care

2. What is the primary purpose of practicing good personal hygiene? (CO1, K2)
 - (a) To impress others
 - (b) To prevent the spread of germs and diseases
 - (c) To save time
 - (d) To follow trends

3. Which bacterium is responsible for causing cholera?
(CO2, K4)
- (a) Escherichia coli bacteria
 - (b) Vibrio bacteria
 - (c) Salmonella bacteria
 - (d) Streptococcus bacteria
4. How was smallpox primarily transmitted from person to person?
(CO2, K4)
- (a) Mosquito bites
 - (b) Contact with infected animals
 - (c) Respiratory droplets
 - (d) Contaminated food and water
5. What is the main purpose of carbohydrates in the diet?
(CO3, K4)
- (a) Building muscle mass
 - (b) Providing quick energy
 - (c) Supporting bone health
 - (d) Enhancing immune function
6. Which vitamin is primarily obtained from exposure to sunlight and is health?
(CO3, K4)
- (a) Vitamin A
 - (b) Vitamin C
 - (c) Vitamin D
 - (d) Vitamin K

7. Which of the following is a common soft tissue sports injury? (CO4, K5)
- (a) Stress fracture
 - (b) Concussion
 - (c) Sprained ankle
 - (d) Dislocated shoulder
8. What is a laceration? (CO4, K5)
- (a) A broken bone
 - (b) A deep cut or tear in the skin
 - (c) A sprained muscle
 - (d) A fungal infection
9. What is the primary purpose of electrotherapy in a medical context? (CO5, K6)
- (a) Generating electrical power
 - (b) Treating medical conditions using electrical impulses
 - (c) Charging electronic devices
 - (d) Enhancing cognitive function
10. What is the benefit of using cold water in hydrotherapy? (CO5, K6)
- (a) Increasing blood circulation
 - (b) Reducing inflammation and swelling
 - (c) Relaxing muscles
 - (d) Promoting joint flexibility

Part B

(5 × 5 = 25)

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

11. (a) What are the health services in health education?
(CO1, K2)

Or

- (b) Write short notes on supervision in health.
(CO1, K2)

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

Or

- (b) What is the mode of transmission of dysentery?
(CO2, K4)

13. (a) Define nutrition and diet. (CO3, K4)

Or

- (b) Which component should be considered in the intake of food during a competition? (CO3, K4)

14. (a) Write Short notes on subluxation. (CO4, K5)

Or

- (b) List down the various causes of sprain. (CO4, K5)

15. (a) What do you mean by therapeutic exercise?(CO5, K6)

Or

- (b) How is electrotherapy applied in human body?
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) How can diseases be detected and prevented?
Explain. (CO1, K2)

Or

- (b) What is the role of physical education teacher
contribute to student health? (CO1, K2)

17. (a) Examine infection spread in cholera and malaria in
brief details. (CO2, K4)

Or

- (b) What are the key preventive measures for smallpox
in public health? (CO2, K4)

18. (a) In order to plan a diet effectively are how do you
calculate calories in details. (CO3, K4)

Or

- (b) Classify to determine energy needs for sports team
dietary planning. (CO3, K4)

19. (a) Explore causes and effects of punctured wounds are
constitution. (CO4, K5)

Or

- (b) Compare abrasions and lacerations, detailing
characteristics, care and complications. (CO4, K5)

20. (a) Examine the effects of hydrotherapy on the body and well-being. (CO5, K6)

Or

- (b) What is physiotherapy? Explain the applications and benefits of physiotherapy. (CO5, K6)
-

R1216

Sub. Code

771204

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

Second Year

Physical Education

**EDUCATION TECHNOLOGY 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. Educational technology allows the students more control of their _____ learning. (CO1, K4)
(a) Personal (b) Own
(c) Individual (d) External
2. Technology is the bridge between the _____ and the _____ for sharing their Knowledge. (CO1, K4)
(a) Coach and players
(b) Teacher and students
(c) Manager and teacher
(d) HOD and office
3. Black boards can be included in _____ category of teaching aids. (CO2, K4)
(a) Audio-aids (b) Visual-aids
(c) Audio-Visual aids (d) Digital Aids

4. Which aids used to explore a multitude of topics a lesson?
(CO2, K4)
- (a) Maps (b) Histogram
(c) Board (d) Line chart
5. Which tool used to present visual information in a sequential format?
(CO3, K4)
- (a) Black board (b) Film strips
(c) Graphs (d) Newspaper
6. The _____ can enhance the learning experience in physical education by providing visual cues and examples that complement verbal instruction.
(CO3, K4)
- (a) Text (b) Film strips
(c) Graphs (d) Picture
7. Comprises all forms of electronically supported learning and teaching is known as _____.
(CO4, K5)
- (a) E-Learning (b) Web site
(c) Media (d) Tele Conferencing
8. E- Mail stands for _____.
(CO4, K5)
- (a) Electronic Messaging
(b) Electronic Medium
(c) Electronic Post
(d) Electronic Mail
9. The tool that used to flatten and maintains the grounds surface is known as _____.
(CO5, K6)
- (a) Seeder (b) Roller
(c) Spreader (d) Tiller
10. What is the major focus of a student by the teacher in physical education?
(CO5, K6)
- (a) Academic performance
(b) Physical fitness
(c) Unhealthy habits
(d) Stress management

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on education technology.
(CO1, K2)

Or

- (b) What is the advantage of using technology in physical education?
(CO1, K2)

12. (a) What is the use of diagrams in teaching? (CO2, K4)

Or

- (b) Write Short notes on types of maps. (CO2, K4)

13. (a) How the film strips and epidiascopes are used in teaching?
(CO3, K4)

Or

- (b) Briefly explain about three dimensional aids.
(CO3, K4)

14. (a) What is E-learning? And list out their importance.
(CO4, K5)

Or

- (b) Write Short notes on Tele conferencing. (CO4, K5)

15. (a) List out the tools are using for ground marking and maintains.
(CO5, K6)

Or

- (b) What are the primary duties of a ground staff?
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the need and importance of education technology in physical education. (CO1, K2)

Or

- (b) Explain the role of physical education in education. (CO1, K2)

17. (a) List out the types of black board and explain there uses. (CO2, K4)

Or

- (b) What are the different types of charts in teaching aids? (CO2, K4)

18. (a) What is graph? Explain the types of graph and its used in teaching aids. (CO3, K4)

Or

- (b) Explain the method if handling book and newspaper in library. (CO3, K4)

19. (a) Discuss the concept of media and evaluation. (CO4, K5)

Or

- (b) What facilities are needed in educational institutions for teaching? (CO4, K5)

20. (a) Briefly explain the purpose of maintaining records. (CO5, K6)

Or

- (b) Explain the duties of student Counselor. (CO5, K6)

R1217

Sub. Code

771205

D.P.Ed. DIPLOMA EXAMINATION, APRIL – 2024

Second Year

Physical Education

**OFFICIATING AND RULES OF GAMES AND SPORTS
AND COACHING – 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. Women's Volleyball Net height (CO1, K2)
(a) 2.43 (b) 2.24
(c) 2.50 (d) 2.44
2. Badminton diagonal measurement is (CO1, K2)
(a) 14.73 (b) 17.14
(c) 14.72 (d) 17.41
3. Which sports is related to Uber Cup? (CO2, K4)
(a) Volleyball (b) Badminton
(c) Tennis (d) Table Tennis
4. Who invented the circuit training? (CO2, K4)
(a) Van Aaken (b) Morgan and Adamson
(c) Greshler (d) Freidick yann

5. Which training improves the strength endurance? (CO3, K4)
- (a) Weight Training
 - (b) Circuit Training
 - (c) Continuous Training
 - (d) Interval Training
6. Which training improves Muscular Strength? (CO3, K4)
- (a) Weight Training
 - (b) Circuit Training
 - (c) Continuous Training
 - (d) Interval Training
7. The weekly training cycle is _____. (CO4, K5)
- (a) Micro Cycle
 - (b) Macrocycle
 - (c) Mesocycle
 - (d) All the above
8. Angel of the discuss throw sector is _____. (CO4, K5)
- (a) 32.94
 - (b) 34.96
 - (c) 28.96
 - (d) 34.92
9. Sports training aim is to develop _____. (CO5, K6)
- (a) Sports
 - (b) Fitness
 - (c) Sports Performance
 - (d) Movements
10. Isometric exercise is one in which muscle length is _____. (CO5, K6)
- (a) Constant
 - (b) Shortened
 - (c) Lengthens
 - (d) Modern

Part B

(5 × 5 = 25)

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

11. (a) Write the history and development of Kho-Kho.
(CO1, K2)

Or

- (b) Draw a neat diagram of the Long jump arena with its specifications.
(CO1, K2)

12. (a) Write the five officiating signals in Badminton.
(CO2, K4)

Or

- (b) Write any three service rules in Tennikoit.
(CO2, K4)

13. (a) Write any three offensive skills in Volleyball.
(CO3, K4)

Or

- (b) List out any ten lead-up games in Ball Badminton.
(CO3, K4)

14. (a) Briefly explain means and methods for developing strength.
(CO4, K5)

Or

- (b) Write the types of endurance.
(CO4, K5)

15. (a) Write about the importance of circuit training.
(CO5, K6)

Or

- (b) Briefly discuss Fartlek training.
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the history and development of Volleyball.
(CO1, K2)

Or

- (b) Draw a neat diagram of the Ball Badminton court and its equipment with the necessary specifications.
(CO1, K2)

17. (a) Discuss the officiating mechanism in Cricket.
(CO2, K4)

Or

- (b) Explain the rules and regulations of Weightlifting.
(CO2, K4)

18. (a) Explain the fundamental skills in Ball Badminton.
(CO3, K4)

Or

- (b) Discuss the rules and regulations of Shot put throw.
(CO3, K4)

19. (a) Explain the principles of sports training. (CO4, K5)

Or

- (b) Explain the various forms of speed. (CO4, K5)

20. (a) Explain any five weight training exercises with appropriate loads. (CO5, K6)

Or

- (b) Explain the significance of interval training with suitable events. (CO5, K6)