R2237	Sub. Code
	811101

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2024

First Semester

Physical Education

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES

(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. Research is a scientific, systematic and intensive process of ———— and finding answers to question. (CO1, K2)

   (a) Solving problem (b) Method

   (c) Technique (d) Conclusion

2. The research classified into ———— types. (CO1, K2)

   (a) One (b) Two

   (c) Three (d) Five

3. Initial step of historical research is ————.(CO2, K4)

   (a) Selection of the problem

   (b) Collection of data

   (c) Formulation of hypothesis

   (d) Criticism of source material

4. Primary data of ———— is direct to the source of information. (CO2, K4)

(a) Case study (b) Experimental research

(c) Survey study (d) Historical research

5. The first step in sampling process is ————. (CO3, K4)

(a) Specifying the sampling frame

(b) Specifying the sampling unit

(c) Defining the target population

(d) Determination of sample size

6. Which one of the following is probability sampling? (CO3, K4)

(a) Purpose sampling

(b) Snowball sampling

(c) Cluster sampling

(d) Dimensional sampling

7. A sample represents that portion of the ———— from which measurement are actually obtained. (CO4, K5)

(a) Data (b) Population

(c) Collection (d) None of these

8. Non probability sampling means ————. (CO4, K5)

(a) Systematic sampling

(b) Stratified sampling

(c) Quota sampling

(d) Cluster sampling

9. The primary purpose of a research proposal ————. (CO5, K6)

(a) To present research finding

(b) To outline the research plan

(c) To critique existing literature

(d) To define theoretical frameworks

10. Short summary of technical report is called ———— (CO5, K6)

(a) article (b) publication
(c) abstract (d) Journals

Part B (5 × 5 = 25)

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

11. (a) Describe about the qualities of a good researcher. (CO1, K2)

Or

(b) Write the scope of research in physical education. (CO1, K2)

12. (a) What you mean by case study? (CO2, K4)

Or

(b) Give short notes on external criticism of a research. (CO2, K4)

13. (a) Write the importance of research design. (CO3, K4)

Or

(b) Discuss about the factorial group design. (CO3, K4)

14. (a) Write short notes on (CO4, K5)

(i) Stratified sampling

(ii) Area sampling.

Or

(b) Describe about the non-probability sampling. (CO4, K5)

15. (a) List out the reviews of literature. (CO5, K6)

Or

(b) Write short notes on (CO5, K6)

(i) Methods of witting Abstract

(ii) Footnote writing.

Part C (5 × 8 = 40)

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

16. (a) List down the criteria for selection of a research problem and explain. (CO1, K2)

Or

(b) Discuss about the types of hypotheses. (CO1, K2)

17. (a) What do you mean by Descriptive methods of Research? Explain any one of them. (CO2, K2)

Or

(b) Explain the meaning of philosophical research. (CO2, K2)

18. (a) Discuss about the experimental research. (CO3, K4)

Or

(b) What is Experimental Design? Explain the different types of Experimental Design. (CO4, K5)

19. (a) Define population and sampling. And explain the different method in selecting sample with suitable examples. (CO4, K5)

Or

(b) Explain in detail about systematic and Multistage Sampling. (CO5, K2)

20. (a) What do you mean by research proposal? Write in details the chapters of research. (CO5, K6)

Or

(b) Discuss research report in the chapter of thesis, front materials and body of thesis. (CO5, K6)

R2238	Sub. Code
	811102

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2024

First 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 questions by choosing the correct option.

1. The skeletal muscles are the target organ of the ———. (CO1, K4)

   (a) Autonomic nervous system

   (b) Somatic nervous system

   (c) Sympathetic nervous system

   (d) Parasympathetic nervous system

2. Sliding theory states that ———. (CO1, K4)

   (a) actin and myosin filaments do not shorten, they only slide past each other

   (b) actin and myosin filaments shorten and slide past each other

   (c) when myofilaments slide past each other, shortening of actin filaments occur

   (d) when myofilaments slide past each other, shortening of myosin filaments occur

3. During high-intensity exercise lasting approximately 2-3 minutes in duration fatigue is most likely to be caused by (CO2, K4)

(a) Depletion of ATP-PCr

(b) Low muscle pH

(c) Depletion of glycogen stores

(d) Accumulation of metabolic by-products such as lactic acid and H+

4. The exercise training can lead to a lowering of resting heart rate. This response is known as ————. (CO2, K4)

(a) Subcardia (b) Bradycardia

(c) Hypocardia (d) Infarction

5. Which among the following are blood clotting factors released? (CO3, K4)

(a) RBCs (b) Eosinophils

(c) Platelets (d) Monocytes

6. ————— is the fluid components of the fixed. (CO3, K4)

(a) Lymph (b) Platelet

(c) Plasma (d) Serum

7. During the exercise, blood flow to the muscle decreases in ————percentage depending on the intensity of exercise. (CO4, K5)

(a) 70-90 (b) 20-30

(c) 40-50 (d) 15-20

8. ————— blood is known as the universal recipient blood type. (CO4, K5)

(a) A positive (A+) (b) AB positive (AB+)

(c) A Negative (A-) (d) All of the above

9. Which energy substrate contains the most energy per gram? (CO5, K6)

(a) Carbohydrate (b) Protein

(c) Fat (d) Glycogen

10. When does the carbohydrate serve as fuel for ATP production? (CO5, K6)

(a) During short-duration, high-intensity exercise

(b) After many hours of low-intensity exercise

(c) During periods of starvation

(d) During severe caloric restriction

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

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

11. (a) Sketch the sliding filament theory. (CO1, K4)

Or

(b) Classify the types of muscular contraction. (CO1, K4)

12. (a) Discuss the conduction system of the heart. (CO2, K4)

Or

(b) What is cardiac hypertrophy? (CO2, K4)

13. (a) Impact of exercise on blood pressure. (CO3, K4)

Or

(b) Briefly explain the blood pressure. (CO3, K4)

14. (a) Elaborate about Pulmonary ventilation. (CO4, K5)

Or

(b) List out the causes of fatigue. (CO4, K5)

15. (a) Briefly explain the activity to develop endurance capacity. (CO5, K6)

Or

(b) Discuss the energy expenditure during exercise. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Describe the effect of exercise on the muscular system. (CO1, K4)

Or

(b) Briefly explain the application of exercise physiology in physical education and sports. (CO1, K4)

17. (a) Describe the function of the respiratory system. (CO2, K4)

Or

(b) Describe the effect of exercise on the cardiac system. (CO2, K4)

18. (a) Explain the relationship between Nutrition and blood level. (CO3, K4)

Or

(b) Discuss the physiological response to exercise in a cold environment. (CO3, K4)

19. (a) Explain the role of physiology in respiration and mechanics of breathing. (CO4, K5)

Or

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

20. (a) Explain in detail Aerobic metabolism. (CO5, K5)

Or

(b) Explain the procedures of ATP metabolism in detail. (CO5, K6)

———————

R2239

Sub. Code
811103

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

YOGIC SCIENCES

(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 the term used for the physical postures in yoga? (CO1, K1)

   (a) Pranayama (b) Asana

   (c) Dhyana (d) Mantra

2. Which of the following is a purification technique in yoga involving nasal cleansing? (CO1, K4)

   (a) Surya Namaskar (b) Bhastrika

   (c) Kapalabhati (d) Neti

3. Which Pranayama technique is also known as "Alternate Nostril Breathing"? (CO2, K2)

   (a) Bhastrika (b) Ujjayi

   (c) Kapalabhati (d) Nadi Shodhana

4. Which of the following is known as the "Tree Pose"? (CO2, K2)

(a) Tadasana (b) Vrikshasana

(c) Trikonasana (d) Bhujangasana

5. Which bandha involves tucking the chin towards the chest to lock the throat? (CO3, K2)

(a) Mula Bandha (b) Jalandhara Bandha

(c) Uddiyana Bandha (d) Mahabandha

6. Which pranayama involves making a buzzing sound during exhalation? (CO3, K2)

(a) Bhramari (b) Anulom Vilom

(c) Ujjayi (d) Kapalabhati

7. Which mudra is formed by placing the tip of the index finger and thumb together, with the other three fingers extended? (CO4, K5)

(a) Varada Mudra (b) Dhyana Mudra

(c) Chin Mudra (d) Bhairava Mudra

8. Which mudra involves joining the tips of the thumb, index finger, and middle finger together? (CO4, K5)

(a) Vayu Mudra (b) Prana Mudra

(c) Ganesha Mudra (d) Prithvi Mudra

9. What is the primary goal of yoga therapy? (CO5, K6)

(a) Weight loss (b) Relaxation

(c) Holistic health (d) Muscle building

10. The "Yoga Sutras of Patanjali" are a foundational text for type of yoga practice. (CO5, K6)

(a) Vinyasa Yoga (b) Raja Yoga

(c) Hatha Yoga (d) Kundalini Yoga

Part B (5 × 5 = 25)

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

11. (a) Write the meaning and types of yoga. (CO1, K4)

Or

(b) Distinguish between the Chandranamaskar and Suryanamaskar. (CO1, K5)

12. (a) Write about the benefits of asanas. (CO2, K4)

Or

(b) Express the techniques of chakras and trigunas. (CO2, K4)

13. (a) Short notes on dhauti and nauli. (CO3, K4)

Or

(b) Explain the techniques and procedure of uddiyana bandha. (CO3, K2)

14. (a) Define meditation and its types. (CO4, K5)

Or

(b) List out the various types of mudras and explain any one. (CO4, K5)

15. (a) Discuss about the role of yoga in sports. (CO5, K2)

Or

(b) Mention the details of yogic diet. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Briefly write down the origin and history of yoga. (CO1, K4)

Or

(b) List down the Suryanamaskar steps and its effects of Suryanamaskar on various systems. (CO1, K1)

17. (a) List out the types and techniques of bhavanamuktaksana and explain any two. (CO2, K3)

Or

(b) Outline the effects of nadis and chakras on various system. (CO2, K4)

18. (a) Differentiate the techniques of mula bandha and jalendra bandha in detail. (CO3, K2)

Or

(b) How many types of shatkriyas? Explain any two. (CO3, K4)

19. (a) Evaluate the psychological and physiological benefits of mudras. (CO4, K5)

Or

(b) Briefly explain the effect of meditation on various systems in our body. (CO4, K5)

20. (a) List down the various types of yoga therapy and explain. (CO5, K1)

Or

(b) Evaluation of role of yoga therapy on physiological and psychological preparation of sports person. (CO5, K5)

———————

R2240

Sub. Code
811502

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

Elective : TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

(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 main purpose of evaluation is to make ————————. (CO1, K4)

   (a) Judgment (b) Opinion

   (c) Prediction (d) Decision

2. The degree of uniformity with which various persons score in the same test is called (CO1, K4)

   (a) Validity (b) Norms

   (c) Reliability (d) Objectivity

3. Preparedness of the individual muscles to do the vigorous work in a period is known as ————————. (CO2, K4)

   (a) Motor fitness (b) Motor ability

   (c) Motor educability (d) Education

4. How many test items are there in Barrow motor ability test? (CO2, K4)

   (a) 6 (b) 7

   (c) 9 (d) 8

5. What is the duration of stepping is performed in Harvard step test? (CO3, K4)

(a) 3 min (b) 5 min

(c) 6 min (d) 7 min

6. Cardiovascular fitness is measured by ————————. (CO3, K4)

(a) Harvard step test (b) 12 min run/walk test

(c) Beep test (d) All of these

7. The maximum distance from the floor (heels) to the highest point of the head is called as ————————. (CO4, K5)

(a) Lying height (b) Standing height

(c) Flexibility (d) Power

8. The Bruce Treadmill Test is used to measure ————————. (CO4, K5)

(a) Maximum heart rate

(b) Blood pressure

(c) Cardiovascular fitness

(d) Muscular strength

9. Johnson Basketball test consist of ———————— test items. (CO5, K6)

(a) 6 (b) 5

(c) 4 (d) 3

10. How many trials are given for Russell Lange Volleyball service test? (CO5, K6)

(a) 10 (b) 5

(c) 3 (d) 15

Part B (5 × 5 = 25)

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

11. (a) Describe any two methods of establishing validity. (CO1, K4)

Or

(b) Annotate any two methods of establishing reliability. (CO1, K4)

12. (a) Describe any two tests in Kraus Weber minimum muscular fitness test. (CO2, K4)

Or

(b) Describe the Oregon motor fitness test batteries for upper elementary school boys. (CO2, K4)

13. (a) Explain the procedures of beep test. (CO3, K4)

Or

(b) Explain about Cooper's 12 min run/walk test. (CO3, K4)

14. (a) Describe the Margaria Kalamon power test. (CO4, K5)

Or

(b) Explain the procedure of measuring arm and calf circumferences. (CO4, K5)

15. (a) Describe the procedure of Johnson soccer test. (CO5, K6)

Or

(b) Explain the method of conducting Dyer tennis test. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Describe about criteria for test selection. (CO1, K4)

Or

(b) Write down the need and importance of measurement and evaluation. (CO1, K4)

17. (a) Describe the procedure of barrow motor ability test. (CO2, K4)

Or

(b) Explain the method of conducting Oregon motor fitness test for boys and girls. (CO2, K4)

18. (a) Describe the procedure Roger's physical fitness Index. (CO3, K4)

Or

(b) Explain the AAHPERD Health related fitness test. (CO3, K4)

19. (a) Explain the Bruce treadmill test protocol. (CO4, K5)

Or

(b) Describe the procedure of measuring waist, hip and thigh circumference. (CO4, K5)

20. (a) Explain the Russell Lange volleyball test. (CO5, K6)

Or

(b) Describe the Henry Friedal Field Hockey test. (CO5, K6)

R2241	Sub. Code
	811301

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

(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. Super compensation means ————————. (CO1, K4)
   (a) Fatigue (b) Peak Performance
   (c) Adaptation to load (d) Recovery Period

2. ———————— occurred when the balance between external load and internal load is altered. (CO1, K4)
   (a) Overload (b) Load
   (c) Equilibrium (d) Under load

3. Speed play is also known as ————————. (CO2, K4)
   (a) Weight training (b) Internal training
   (c) Fartlek training (d) Pressure training

4. A method of speed development is ————————. (CO2, K4)
   (a) Continuous method
   (b) Repetition method
   (c) Interval method
   (d) Circuit method

5. What does flexibility enhance during sports performance? (CO3, K4)

(a) Movement (b) Complexity

(c) Range of motion (d) Efficiency

6. The ———————— involves rapid, explosive movements. (CO3, K4)

(a) Plyometric training

(b) Isometric training

(c) Continuous method

(d) Ballistic method

7. Which phase is used to facilitate psychological rest, relaxation and biological regeneration as well as to maintain an acceptable level of general physical preparation? (CO4, K5)

(a) Competitive phase

(b) Transition phase

(c) Pre Competitive phase

(d) Preparatory phase

8. Micro cycle involves training of ————————. (CO4, K5)

(a) 1 Week (b) 1-2 Weeks

(c) 6-8 Weeks (d) 8-10 Weeks

9. The expansion of NADA is ————————. (CO5, K6)

(a) North American Doping Association

(b) National Association of Drug Abuse

(c) National Anti-Doping Agency

(d) National Athletic Drug Association

10. Which one of test is connected with doping ————————. (CO5, K6)

(a) Hair folic test (b) Saliva test

(c) Urine test (d) Sweat test

Part B (5 × 5 = 25)

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

11. (a) List out the importance and features of training load. (CO1, K4)

Or

(b) Write briefly about super compensations. (CO1, K4)

12. (a) Distinguished between continues method and interval method. (CO2, K4)

Or

(b) Write short note on Nontraditional resistance training. (CO2, K4)

13. (a) Discuss about Variation in movement execution methods. (CO3, K4)

Or

(b) List out the types of stretching exercise and explain. (CO3, K4)

14. (a) Write short note on double periodization with example. (CO4, K5)

Or

(b) What is multi Gym training? (CO4, K5)

15. (a) What is blood doping? (CO5, K6)

Or

(b) What are the side effects on the use of drugs in sports? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) List out the aim and characteristics of sports training. (CO1, K4)

Or

(b) Define load and overload. Discuss in details about symptoms and adaptation process of over load. (CO1, K4)

17. (a) Define strength. Explain the various methods to improve strength. (CO2, K4)

Or

(b) Explain about altitude training. (CO2, K4)

18. (a) Describe the various type of methods to improve the flexibility along with suitable training plan. (CO3, K4)

Or

(b) What is coordination ability? Explain the methods to improve coordination abilities. CO3, K4)

19. (a) What is training plan? List out the types of training plan and explain. (CO4, K5)

Or

(b) Prepare a long term training schedule in your game of specialization. (CO4, K5)

20. (a) Various doping methods in sport – Explain. (CO5, K6)

Or

(b) Role of WADA in sports. (CO5, K6)

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R2242	Sub. Code
	811302

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

SPORTS MEDICINE

(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. ACSM stands for ————————. (CO1, K4)
   (a) American College of Sports Medicine
   (b) Association of Clinical Sports Medicine
   (c) American Council on Sports and Medicine
   (d) Association of Cardiovascular and Sports Medicine

2. What is the major responsibility of a sports physician? (CO1, K4)
   (a) Performing surgeries
   (b) Diagnosing and treating sports-related injuries
   (c) Providing nutrition plans
   (d) Coaching athletes

3. Static holds can be used to improved ————————. (CO2, K4)
   (a) Agility
   (b) Muscle endurance
   (c) Speed
   (d) Reaction time

4. The cleanliness, physical exercise, rest and sleep are a part of ————————. (CO2, K4)

(a) Hygiene (b) Social hygiene

(c) Personal hygiene (d) General well-being

5. What is one common cause of spinal fractures? (CO3, K4)

(a) Excessive hydration

(b) Frequent stretching

(c) Healthy diet

(d) Trauma or osteoporosis

6. The main benefit of neck rotations is to ————————. (CO3, K4)

(a) Strengthen the core

(b) Improve neck flexibility

(c) Build leg strength

(d) Enhance cardiovascular fitness

7. What kind of fracture occurs most frequently in the upper extremities? (CO4, K5)

(a) Ankle fracture (b) Hip fracture

(c) Wrist fracture (d) Rib fracture

8. The pain and stiffness that develop gradually are typical of which condition ————————. (CO4, K5)

(a) Frozen Shoulder

(b) Shoulder Dislocation

(c) Carpal Tunnel Syndrome

(d) Tendonitis

9. Which exercise method is best for recovering from knee injuries? (CO5, K6)

(a) Isometric (b) AROM

(c) PNF (d) Isotonic

10. Which exercise targets the lower abdominal muscles? (CO5, K6)

(a) Glute Bridges (b) Calf Raises

(c) Side Leg Raises (d) Leg Raises

Part B (5 × 5 = 25)

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

11. (a) Define about sports medicine. (CO1, K4)

Or

(b) Write short notes on PRICE therapy. (CO1, K4)

12. (a) Define about the isometric exercise. (CO2, K4)

Or

(b) Explain about WADA. (CO2, K4)

13. (a) Define about the neck injuries. (CO3, K4)

Or

(b) Explain the spinal range of motion. (CO3, K4)

14. (a) Write short notes on stretching and strengthening exercise for shoulder. (CO4, K5)

Or

(b) How to prevention of a rib fracture? (CO4, K5)

15. (a) What is the sign and symptoms of abdominal injurie? (CO5, K6)

Or

(b) Write the stretching exercise for lower limb. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) What is the role of sports physician in sports medicine? (CO1, K4)

Or

(b) Describe about the therapeutic exercise. (CO1, K4)

17. (a) Explain the principles of rehabilitation in strapping/tapping. (CO2, K4)

Or

(b) What are the advantage and disadvantage of personal hygiene? (CO2, K4)

18. (a) Briefly explain about the hyperextension. (CO3, K4)

Or

(b) What are the supporting and aiding techniques for head, neck and spine injures? (CO3, K4)

19. (a) Discuss about the treatment and prevention of shoulder injuries. (CO4, K5)

Or

(b) Explain about the modalities and its uses of elbow injuries. (CO4, K5)

20. (a) Describe about the stretching and strengthening for knee, ankle and foot. (CO5, K6)

Or

(b) What are the treatment procedure in physiotherapy center? (CO5, K6)

R2243	Sub. Code
	811303

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

HEALTH EDUCATION AND SPORTS NUTRITION

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A $(10 \times 1 = 10)$

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

1. What is the primary goal of health education? (CO1, K4)
   (a) To cure diseases
   (b) To promote and maintain health
   (c) To sell health products
   (d) To provide medical treatment
2. Which level of prevention does health education primarily focus on? (CO1, K4)
   (a) Primary prevention
   (b) Secondary prevention
   (c) Tertiary prevention
   (d) Quaternary prevention
3. Which of the following is an example of a non-communicable disease? (CO2, K4)
   (a) Influenza (b) Tuberculosis
   (c) Diabetes (d) Malaria

4. What does "ABC" stand for in the context of First Aid? (CO2, K4)

(a) Always Be Careful
(b) Airway, Breathing, Circulation
(c) Assess, Bandage, Communicate
(d) Activate, Bind, Confirm

5. What does proper respiratory hygiene involve? (CO3, K4)

(a) Holding in a sneeze
(b) Coughing into hands
(c) Using tissues to cover nose and mouth
(d) Breathing close to others

6. World health day celebrated on ————————. (CO3, K4)

(a) 1st March (b) 7th April
(c) 6th May (d) 10th December

7. What is the primary source of energy for athletes during high-intensity activities? (CO4, K5)

(a) Proteins (b) Carbohydrates
(c) Fats (d) Vitamins

8. Which nutrient is essential for muscle repair and growth after resistance training? (CO4, K5)

(a) Proteins (b) Carbohydrates
(c) Fats (d) Vitamins

9. What is the daily recommended intake of water for an average adult? (CO5, K6)

(a) 1 litre (b) 2 litres
(c) 3.7 litres (d) 2.7 litres

10. What does BMI stand for? (CO5, K6)

(a) Body Measurement Index
(b) Body Mass Indicator
(c) Body Mass Index
(d) Body Measurement Indicator

Part B (5 × 5 = 25)

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

11. (a) Give an account of the dimensions of health. (CO1, K4)

Or

(b) Define health and write its concepts. (CO1, K4)

12. (a) Write a short note on malnutrition. (CO2, K4)

Or

(b) State the responsibility of individuals and communities for health. (CO2, K4)

13. (a) Define hygiene and its types. (CO3, K4)

Or

(b) Explain the concepts of UNIESCO. (CO3, K4)

14. (a) What is the role of carbohydrates in sports, and how do they benefit athletes. (CO4, K5)

Or

(b) Write about the meaning and definition of sports nutrition. (CO4, K5)

15. (a) List down the concept of BMI. (CO5, K6)

Or

(b) Discuss the role of diet and exercise in weight management. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Enumerate the aims and objectives of health education. (CO1, K4)

Or

(b) Write about health services and guidance and instruction in personal hygiene. (CO1, K4)

17. (a) Differentiate between communicable and non-communicable diseases and explain any two communicable disease. (CO2, K4)

Or

(b) Briefly explain the role of health education in school health services. (CO2, K4)

18. (a) Explain the effects of alcohol on health. (CO3, K4)

Or

(b) Write a short note on: (CO3, K4)

(i) Management of obesity

(ii) Management of stress.

19. (a) Elaborate on the role of nutrition in sports and basic nutrition guidelines in sports. (CO4, K5)

Or

(b) Determine the significance of micronutrients and hydration during exercise. (CO4, K5)

20. (a) Design a diet plan and exercise schedule for weight gain and loss. (CO5, K6)

Or

(b) What is obesity and explain the effects of obesity on health in detail. (CO5, K6)

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R2244	Sub. Code
	811505

M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

Elective — PHYSICAL FITNESS AND WELLNESS

(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 muscles' ability to work for over a long period of time is ———————— (CO1, K4)

   (a) Flexibility (b) Muscular endurance

   (c) Body composition (d) Intensity

2. Muscle can exert force by contracting against. (CO1, K4)

   (a) Strength (b) Speed

   (c) Power (d) Balance

3. What is the main purpose of recreational activities? (CO2, K4)

   (a) To increase financial wealth

   (b) To enhance social status

   (c) To promote relaxation and enjoyment

   (d) To boost professional skills

4. Which of the following is a benefit of regular exercise? (CO2, K4)

(a) Decreased risk of chronic diseases

(b) Increased stress levels

(c) Lower self-esteem

(d) Increased fatigue

5. Cardiorespiratory endurance is ———————— (CO3, K4)

(a) The body's ability to push or pull with all its force

(b) The ability to move a joint through its full range of motion

(c) The ability of the heart and lungs to supply oxygen to the body

(d) The body's response to a flexibility program

6. Why is a cool down important after exercise? (CO3, K4)

(a) To raise resting heart rate

(b) To improve speed

(c) To make muscular contraction stronger

(d) To speed up the removal of lactic acid

7. Sprinting speed is best developed through (CO4, K5)

(a) Interval training (b) Weight training

(c) Ins and outs (d) Continuous running

8. The "good" Cholesterol is ————————. (CO4, K5)

(a) Low density lipoprotein

(b) High density lipoprotein

(c) Blood glucose

(d) Fast twitch fiber

9. How often weight training can be done? (CO5, K6)

(a) Lift every day for at least 30 minutes

(b) Lift every other day for at least 30 minutes

(c) Lift every day for 60 minutes

(d) Lift every other day for only 10 minutes

10. Which type of flexibility is most important for gymnastics? (CO5, K6)

(a) Static flexibility (b) Dynamic flexibility

(c) Ballistic flexibility (d) PNF flexibility

Part B (5 × 5 = 25)

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

11. (a) Write the 'Meaning' and 'Definition' of physical fitness. (CO1, K4)

Or

(b) Write the current trends in fitness and conditioning. (CO1, K4)

12. (a) Write the benefits of wellness. (CO2, K4)

Or

(b) Write the characterizes and importance of recreation. (CO2, K4)

13. (a) Write the stage of progression in aerobic exercise. (CO3, K4)

Or

(b) Write the advantages and benefits of cardio respiratory activities. (CO3, K4)

14. (a) Write about the types of resistance training. (CO4, K5)

Or

(b) Write the safety techniques for resistance training. (CO4, K5)

15. (a) Write the definition and importance of flexibility. (CO5, K6)

Or

(b) Write the guideline for effective flexibility exercise. (CO5, K6)

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

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

16. (a) What is fitness? Briefly explain about component of physical fitness with example. (CO1, K4)

Or

(b) Write the physiological principles involved in the human movement. (CO1, K4)

17. (a) Explain the relationship between physical activity and lifelong wellness. (CO2, K4)

Or

(b) Briefly write the recreation programme for middle age people. (CO2, K4)

18. (a) Discuss the significance of cardiorespiratory activities in maintaining overall health. (CO3, K4)

Or

(b) Write the assessment of cardio respiratory fitness and give example. (CO3, K4)

19. (a) Briefly write about principles of resistance training. (CO4, K5)

Or

(b) Explain the advanced techniques of weight training. (CO4, K5)

20. (a) What is flexibility? Write the types of flexibility. (CO5, K6)

Or

(b) Explain the relaxation and breathing techniques in yoga. (CO5, K6)