

R2229

Sub. Code

721101

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

First Semester

Physical Education

**HISTORY, PRINCIPLES AND FOUNDATION 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. Aim of Physical Education is to develop _____.
(CO1, K2)
(a) Physical (b) Mental
(c) Social (d) All Round Development
2. The study of Physiology is _____ of the body.
(CO1, K2)
(a) Function (b) Growth
(c) Health (d) Structure
3. Early Hindu Period is _____.
(CO2, K4)
(a) 600 BC - 320 AD
(b) 1000 AD - 1757 AD
(c) 2500 BC - 600 AC
(d) 3250 BC - 2500 BC

4. Give the expansion of SDAT (CO2, K4)
- (a) Sports Authority of India
 - (b) Sports Development Authority of Tamil Nadu
 - (c) National Institute of Sports
 - (d) Sports Council
5. Anatomical age is indicated by (CO3, K4)
- (a) Ossification of bones
 - (b) Growth of the muscles
 - (c) Structure of Physique
 - (d) Mental ability
6. Kretschmer classified the human body into _____ group based on physical features. (CO3, K4)
- (a) Three (b) Four
 - (c) Five (d) Two
7. Sociology deals with _____ of group in society. (CO4, K5)
- (a) Group (b) Individual
 - (c) Sportsman (d) Leaders
8. Leadership is a process of guiding pupils efficiently towards _____. (CO4, K5)
- (a) Common Goals (b) Common attitude
 - (c) Common Aim (d) Common Benefits
9. Father of idealism _____. (CO5, K6)
- (a) Aristotle (b) Plato
 - (c) Rousseau (d) John Dewey

10. The term “experience as a key to life” which refers to _____.
(CO5, K6)
- (a) Pragmatism (b) Realism
(c) Humanism (d) Idealism

Part B (5 × 5 = 25)

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

11. (a) Write short notes on misconception about physical education. (CO1, K2)

Or

- (b) Write short notes about objectives of physical education. (CO1, K2)

12. (a) Write short notes on YMCA its contributions to the field of Physical Education. (CO2, K4)

Or

- (b) Briefly explain the function of SAI. (CO2, K4)

13. (a) What are the anthropometric difference between men and women? (CO3, K4)

Or

- (b) List down the factors affecting the growth and development of human being. (CO3, K4)

14. (a) How does physical activity help socialization? (CO4, K5)

Or

- (b) How does having a good physique help social acceptance and recognition? (CO4, K5)

15. (a) Write notes on fitness and wellness. (CO5, K6)

Or

- (b) Mention the Indian philosophy and culture. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Describe the relationship of physical education and general education. (CO1, K2)

Or

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

17. (a) Elaborate the pre and after independence period of physical education status in India. (CO2, K4)

Or

- (b) Differentiate the physical education in Sparta and Athens. (CO2, K4)

18. (a) Enumerate the types of body and its explain. (CO3, K4)

Or

- (b) Explain the various periods of growth and development. (CO3, K4)

19. (a) Social integration through sports- Explain. (CO4, K5)

Or

- (b) Describe the social integration and cohesiveness. (CO4, K5)

20. (a) Explain the different types of philosophy. (CO5, K6)

Or

- (b) Fit India Movement - Explain. (CO5, K6)

R2230

Sub. Code

721102

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

First Semester

Physical Education

**ANATOMY, PHYSIOLOGY, SPORTS MEDICINE,
PHYSIOTHERAPY AND REHABILITATION**

(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. Anatomy means the study of —————. (CO1, K2)
 - (a) Physiology
 - (b) Morphology
 - (c) Functions of the body
 - (d) Human functions
2. Which anatomical structure prevents the food from entering the food pipe? (CO1, K2)
 - (a) Tongue
 - (b) Epiglottis
 - (c) Larynx
 - (d) Pharynx
3. Exchange of gases is taken place in —————. (CO2, K4)
 - (a) Lungs
 - (b) Muscles
 - (c) Liver
 - (d) Heart

4. The ligaments restrict the following action _____. (CO2, K4)
- (a) Dorsiflexion (b) Hyperextension
(c) Hyperflexion (d) Both (b) and (c)
5. Lungs are the part of _____. (CO3, K4)
- (a) Digestive system (b) Respiratory system
(c) Nervous system (d) Circulatory system
6. Pancreas secretes _____. (CO3, K4)
- (a) Insulin (b) Pepsin
(c) Adrenalin (d) Thyroxin
7. Which neuron does convey Sensory Impulses from a receptor to the central nervous system? (CO4, K5)
- (a) Efferent nerve (b) Afferent nerve
(c) Both (d) None of these
8. Which cellular organelle does produce ATP primarily in eukaryotic cells? (CO4, K5)
- (a) Golgi apparatus
(b) Mitochondria
(c) Nucleus
(d) Endoplasmic reticulum
9. The green stick fracture took place during (CO5, K6)
- (a) Adult (b) Children
(c) At any age (d) Elderly
10. Cryotherapy is also known as (CO5, K6)
- (a) ice therapy (b) wax therapy
(c) hydro therapy (d) thermotherapy

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on tissues. (CO1, K2)

Or

- (b) List the Axial and appendicular skeletal bones.
(CO1, K2)

12. (a) Write a short notes on blood group and transfusion.
(CO2, K4)

Or

- (b) Explain the Structure and function of the pancreas.
(CO2, K4)

13. (a) Draw the structure of the Urinary system.
(CO3, K4)

Or

- (b) Explain about thymus gland and its function.
(CO3, K4)

14. (a) Draw a structure and function of the spinal cord.
(CO4, K5)

Or

- (b) Function of ATP. (CO4, K5)

15. (a) Explain about Infra-Red Rays. (CO5, K6)

Or

- (b) Write short notes on the Stream Bath and Sauna Bath.
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Draw the Structure and function of the cell – Explain. (CO1, K2)

Or

- (b) Explain the various types of synovial joints. (CO1, K2)

17. (a) Draw and Explain the Functions of the digestive system. (CO2, K4)

Or

- (b) Draw the Structure of the heart and explain about systemic circulation. (CO2, K4)

18. (a) Explain the mechanism of Respiration and its Function. (CO3, K4)

Or

- (b) Explain the functions of the endocrine system. (CO3, K4)

19. (a) Evaluate the functions of the brain in detail. (CO4, K5)

Or

- (b) Briefly discuss the central nervous system. (CO4, K5)

20. (a) Describe the value of Good Posture and the causes of Poor Posture. (CO5, K6)

Or

- (b) Explain about the Principle of Physiotherapy and Short-Wave Diathermy. (C05, K6)

R2231

Sub. Code

721103

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

First Semester

Physical Education

**ORGANIZATIONS, ADMINISTRATION AND SPORTS
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. Planning the work is called as _____. (CO1, K2)
 - (a) Organization
 - (b) Administration
 - (c) Management
 - (d) Sports Management
2. Carrying out the plan is known as _____. (CO1, K2)
 - (a) Organization
 - (b) Administration
 - (c) Management
 - (d) Sports Management

3. Team that is once defeated is eliminated immediately and they will not be given another chance to play is called as _____. (CO2, K4)
- (a) Challenge tournament
 - (b) Pyramid tournament
 - (c) Single Elimination tournament
 - (d) Single League tournament
4. If total number of teams competing in a knock out tournament is 17, then the number of byes in the upper half is _____. (CO2, K4)
- (a) 10
 - (b) 7
 - (c) 9
 - (d) 8
5. _____ is a quality which enables a person to guide others in performing some required work. (CO3, K4)
- (a) Leadership
 - (b) Followership
 - (c) Sportsmanship
 - (d) Championship
6. The quality of leadership is _____. (CO3, K4)
- (a) to understand the psychology of the students
 - (b) to find out the mistakes and to find out solution for them
 - (c) to understand the individual differences of the students
 - (d) all of these

7. The height of the gymnasium roof must be from _____ . (CO4, K5)
- (a) 10 feet to 12 feet
 - (b) 15 feet to 22 feet
 - (c) 7 feet to 9 feet
 - (d) none of these
8. Swimming pool, which is constructed by dipping and deepening the ground is known as _____. (CO4, K5)
- (a) Suspended swimming pool
 - (b) Sunken swimming pool
 - (c) Perennial type
 - (d) Perpetual type
9. Physical Education classes will be compulsory and minimum of attendance required for each student will be _____ of total number of physical education classes for the whole year. (CO5, K6)
- (a) 50% (b) 60%
 - (c) 65% (d) 75%
10. Which involves planning in advance the income and expenditure expected for the year? (CO5, K6)
- (a) Accounts (b) Audit
 - (c) Budget (d) Register

Part B

(5 × 5 = 25)

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

11. (a) Explain the scope of sports management. (CO1, K2)

Or

- (b) List down the qualities and competencies required for the sports manager. (CO1, K2)

12. (a) Write down the various types of tournaments. (CO2, K4)

Or

- (b) Prepare a single knock out fixtures for 9 teams. (CO2, K4)

13. (a) Describe the importance of leadership qualities. (CO3, K4)

Or

- (b) Write short notes on teacher pupil ratio. (CO3, K4)

14. (a) Write down the factors affecting time table management. (CO4, K5)

Or

- (b) List down the need for equipment in physical education. (CO4, K5)

15. (a) Describe the medical examination record Register. (CO5, K5)

Or

- (b) Write down the criteria of good budget. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Explain the SAI and SDAT. (CO1, K2)

Or

- (b) Elaborate the meaning and importance of organization, administration and sports management. (CO1, K2)

17. (a) Prepare a single league fixture for 13 teams. (CO2, K4)

Or

- (b) Distinguish Intramural and Extramural tournaments. (CO2, K4)

18. (a) Describe the process and importance of organizing. (CO3, K4)

Or

- (b) Explain the principles and importance of Direction. (CO3, K4)

19. (a) Explain the care and maintenance of playground. (CO4, K5)

Or

- (b) Describe the care and maintenance of swimming pool. (CO4, K5)

20. (a) What are the sources of income and prepare a model physical education budget for 200000. (CO5, K6)

Or

- (b) Describe the attendance register and stock register.
(CO5, K6)

R2232

Sub. Code

721501

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

First Semester

Physical Education

Elective : OLYMPIC MOVEMENTS

(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 ancient Olympic Games were held in honor of which Greek god? (CO1, K2)
 - (a) Zeus
 - (b) Apollo
 - (c) Poseidon
 - (d) Hermes
2. What is the primary aim of the Olympic Movement? (CO1, K2)
 - (a) To promote professional sports globally
 - (b) To foster the development of physical and moral qualities
 - (c) To generate revenue for host cities
 - (d) To create political alliances through sports

3. The concept of “Sports for All’ in the Olympic movement aims to: (CO2, K4)
- (a) Ensure only elite athletes compete
 - (b) Limit the number of sports in the Olympics
 - (c) Focus on professional sports development
 - (d) Promote sports participation at all levels of society
4. What does the Olympic motto ‘Citius, Altius, Fortius’ mean? (CO2, K4)
- (a) Faster, Higher, Stronger
 - (b) Brighter, Bolder, Better
 - (c) Faster, Smarter, Stronger
 - (d) Stronger, Higher, Brighter
5. The Paralympic Games are organized for athletes with: (CO3, K4)
- (a) Financial difficulties
 - (b) Physical disabilities
 - (c) No previous sports experience
 - (d) Academic achievements
6. The Youth Olympic Games are designed for athletes aged: (CO3, K4)
- (a) 12-15 (b) 16-20
 - (c) 14-18 (d) 18-25
7. What is the main purpose of the Athletes’ Commission within the IOC? (CO4, K5)
- (a) To organize the Olympic Games
 - (b) To represent the interests of the athletes
 - (c) To fundraise for the Olympics
 - (d) To oversee the media coverage

8. Who was the first Indian athlete to win an individual Olympic medal? (CO4, K5)
- (a) Abhinav Bindra
 - (b) K.D. Jadhav
 - (c) P.T. Usha
 - (d) Leander Paes
9. What is the primary purpose of the Olympic Village? (CO5, K6)
- (a) To host the opening and closing ceremonies
 - (b) To serve as a venue for media broadcasts
 - (c) To entertain visitors and tourists
 - (d) To provide accommodation for the athletes and officials
10. What was the main purpose of introducing Olympic mascots? (CO5, K6)
- (a) To entertain children
 - (b) To represent the cultural heritage of the host country
 - (c) To serve as official spokespeople for the IOC
 - (d) To act as security during the Games

Part B (5 × 5 = 25)

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

11. (a) Discuss the early history of the Olympic Movement, highlighting its origins and development in ancient Greece. (CO1, K2)

Or

- (b) Write the aim, benefits of the Olympic Movement. (CO1, K2)

12. (a) Write the significance of Olympic ideals and how they contribute to the overall goals of the Olympic movement. (CO2, K4)

Or

- (b) Write the symbolism of the Olympic rings and the Olympic flag. (CO2, K4)
13. (a) Write the origins and significance of the Paralympic Games. How do these Games contribute to the broader Olympic movement? (CO3, K4)

Or

- (b) Explain the main features of the Summer Olympic Games and their impact on global sports. (CO3, K4)
14. (a) Discuss in detail the organizational structure of the International Olympic Committee (IOC). (CO4, K5)

Or

- (b) Analyze the various Olympic Commissions under the International Olympic Committee (IOC). (CO4, K5)
15. (a) Describe the key elements of the Olympic Opening Ceremony. (CO5, K6)

Or

- (b) Analyze the role of Olympic mascots in the Games. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the origin of the Olympic movement and its primary aims. How did the early Olympic Games differ from the modern Olympic Games? (CO1, K2)

Or

- (b) Analyze the educational and cultural values promoted by the modern Olympic movement. (CO1, K2)

17. (a) Briefly outline the protocol for member countries during the Olympic Games. (CO2, K4)

Or

- (b) Discuss the Olympic Code of Ethics and its role in the governance of the Olympic movement. (CO2, K4)

18. (a) Analyze the role of the Youth Olympic Games in promoting sports among young athletes. (CO3, K4)

Or

- (b) Write the origins and significance of the Paralympic Games. How do these Games contribute to the broader Olympic movement? (CO3, K4)

19. (a) National Olympic Committee and Their Role in the Olympic Movement. (CO4, K5)

Or

- (b) Olympic Medal Winners of India. (CO4, K5)

20. (a) Describe in detail the key elements of the Olympic Opening Ceremony. Explain the significance of the athletes' parade, the lighting of the Olympic cauldron, the welcome speech, and the artistic performances. (CO5, K6)

Or

- (b) Examine the role of Olympic mascots and the impact of new innovations and ideas implemented in recent Olympics. Discuss how mascots are chosen, their cultural significances and their role in marketing and engagement. (CO5, K6)

R2233

Sub. Code

721301

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

Third Semester

Physical Education

SPORTS TRAINING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** following objective question by choosing the correct option.

1. A systematic, planned, continuous and repetitive process is _____. (CO1, K2)
(a) Training (b) Load
(c) Overload (d) Sports training
2. Sports training is application of training principles to improve _____. (CO1, K2)
(a) Strength (b) Performance
(c) Knowledge (d) Facilities
3. Rate of change of movement of an object refers to _____. (CO2, K4)
(a) Speed (b) Acceleration
(c) Declaration (d) Movement
4. Flexibility refers to _____. (CO2, K4)
(a) Range of motion (b) Change of speed
(c) Displacement (d) Strength

5. Rate of doing exercise denotes _____. (CO3, K4)
- (a) Density (b) Frequency
(c) Intensity (d) Volume
6. Recovery between the sets of exercise refers to _____. (CO3, K4)
- (a) Intensity (b) Density
(c) Frequency (d) Stimulus
7. Shortest period of training plan is _____. (CO4, K5)
- (a) Meso cycle (b) Microcycle
(c) Macrocycle (d) Load
8. The number of competition period exists in double periodization of training plan is _____. (CO4, K5)
- (a) One (b) Two
(c) Three (d) Four
9. Training done at different station is _____. (CO5, K6)
- (a) Interval training (b) Continuous training
(c) Circuit training (d) Resistance training
10. Which of the following training induces rapid stretch? (CO5, K6)
- (a) Circuit training (b) Plyometric training
(c) Weight training (d) Chute training

Part B**(5 × 5 = 25)**

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

11. (a) Write the meaning of sports training. (CO1, K2)

Or

- (b) Explain the importance of sports training. (CO1, K2)

12. (a) Explain the method to develop speed. (CO2, K4)

Or

- (b) Write the importance of flexibility in sports. (CO2, K4)

13. (a) What is meaning of over load? (CO3, K4)

Or

- (b) What is the meaning of intensity? (CO3, K4)

14. (a) Mention the procedure of Macro Cycle. (CO4, K5)

Or

- (b) What is the meaning of transitional period in sports training? (CO4, K5)

15. (a) Discuss about tactical preparation in sports. (CO5, K6)

Or

- (b) Discuss about the strategy training. (CO5, K6)

Part C**(5 × 8 = 40)**

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

16. (a) What is the aim of Sports Training? List down and explain the objectives of sports training. (CO1, K2)

Or

- (b) Explain the scientific principle of sports training. (CO1, K2)

17. (a) Mention the various types of flexibility and explain various methods of increasing flexibility. (CO2, K4)

Or

- (b) Explain the training method for improving coordinative abilities. (CO2, K4)
18. (a) List out the types of training load and explain the components of load (CO3, K4)

Or

- (b) Describe about the volume of duration and frequency of stimulus. (CO3, K4)
19. (a) What is training plan? List out the types of training plan and explain (CO4, K5)

Or

- (b) What are the key phases of a training season in your own specialization? (CO4, K5)
20. (a) Explain the meaning and methods of tactical training. (CO5, K6)

Or

- (b) What is meaning of ergogenic aid? Explain the use of ergogenic aids in sports. (CO5, K6)

R2234

Sub. Code

721302

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

**COMPUTER APPLICATIONS 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. ICT stands for _____. (CO1, K2)
 - (a) Information and Computer Technology
 - (b) Information and Communication Technology
 - (c) Internet and Communication Technology
 - (d) Integrated Communication Technology
2. Find out the daily activity device using on our body _____. (CO1, K2)
 - (a) Thermo Meter (b) Accelerometer
 - (c) Fitness tracker (d) Video recorder
3. Which processor is computerized version of standard typewriter? (CO2, K4)
 - (a) Excel (b) Word
 - (c) Power point (d) Spreadsheet

4. Shortcut key for center alignment in MS word _____.
(CO2, K4)
(a) Ctrl + E (b) Ctrl + C
(c) Ctrl + P (d) Ctrl + V
5. Microsoft Excel is a _____ program that is used to record and analyze numerical data.
(CO3, K4)
(a) Presentation (b) Database
(c) Word processing (d) Spreadsheet
6. The shortcut key Ctrl + L in MS Excel is used to _____.
(CO3, K4)
(a) Create Table (b) Open Calculation
(c) Insert chart (d) Insert picture
7. The shortcut key to run a PowerPoint presentation is _____.
(CO4, K5)
(a) F5 (b) F4
(c) F3 (d) F2
8. What does the extension .pptx stand for? (CO4, K5)
(a) MS Word (b) MS Excel
(c) MS PowerPoint (d) MS Outlook
9. E-mail stands for _____. (CO5, K6)
(a) Easy Mail (b) Efficient Mail
(c) Electronic Mail (d) Emergency Mail
10. What is the Internet? (CO5, K6)
(a) A local network
(b) A global network of interconnected computers
(c) A type of email service
(d) A specific web browser

Part B

(5 × 5 = 25)

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

11. (a) What is computer? List out the name of types of computers. (CO1, K2)

Or

- (b) Write short notes on the following: (CO1, K2)
(i) Fitness tracker
(ii) Video analyzing.

12. (a) What is the purpose of MS word? (CO2, K4)

Or

- (b) Write short notes on Header and footer. (CO2, K4)

13. (a) What is the meaning of spreadsheet? (CO3, K4)

Or

- (b) Write the steps to save a file in MS Word. (CO3, K4)

14. (a) Write short note on power point presentation. (CO4, K5)

Or

- (b) Explain detail about the use of graph in power point. (CO4, K5)

15. (a) What is E-mail? Explain the procedure sending a mail. (CO5, K6)

Or

- (b) Discuss about the statistical analysis through excel. (CO5, K6)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1,000 words each.

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

Or

- (b) List out the various applications of computer used in physical education. (CO1, K2)

17. (a) Explain the procedure to open save and close a file in MS Word. (CO2, K4)

Or

- (b) Explain the following in the context of Microsoft word. (CO2, K4)

(i) Inserting table

(ii) Inserting bar diagram

18. (a) Briefly explain about the uses of MS Excel in physical education. (CO3, K4)

Or

- (b) Explain the following in the context of Microsoft excel: (CO3, K4)

(i) Format and editing features

(ii) Adjusting columns with and row height

19. (a) Explain the uses of PowerPoint presentation in the field of physical education and sports. (CO4, K5)

Or

- (b) How to prepared a power point presentation? Explain it. (CO4, K5)

20. (a) Explain the various application software used in the physical education and sports. (CO5, K6)

Or

- (b) Discuss about the role of e-resource in teaching. (CO5, K6)

R2235

Sub. Code

721303

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(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 regarded as the 'father' of psychology? (CO1, K2)
(a) Sigmund Freud (b) Ivan Pavlov
(c) John B. Watson (d) Wundt
2. Is Sports psychology accepted as a form of "science" in academic circles? (CO1, K2)
(a) Hard Science
(b) Educational Science
(c) Soft Science
(d) Social Science
3. Which is one of the laws of learning? (CO2, K4)
(a) Law of readiness
(b) Law of exercise
(c) Law of effect
(d) All the above

4. Emotional stability, anxiety, sadness and built ability are attributes of _____ Personality dimension? (CO2, K4)
- (a) Extroversion (b) Agreeableness
(c) Bourgeoisie (d) Openness
5. Encouragement by the spectators is a (CO3, K4)
- (a) Social incentive
(b) Monetary incentive
(c) Reward incentive
(d) Social competitive incentive
6. The first metamorphosis falls between the ages of (CO3, K4)
- (a) 7-10 years (b) 3-5 years
(c) 11-14 years (d) 2-4 years
7. The Bi-product of the sports performance is _____. (CO4, K5)
- (a) Skill (b) Conditional ability
(c) Total personality (d) Tactical ability
8. Mental development includes _____. (CO4, K5)
- (a) External and internal organs
(b) Reasoning and thinking
(c) Ethical and moral
(d) Emotional maturity
9. Which is the simplest form of cognition? (CO5, K6)
- (a) Conception (b) Perception
(c) Sensation (d) Affection
10. _____ need is on top of the Maslow's hierarchy of needs. (CO5, K6)
- (a) Self-actualization (b) Esteem
(c) Belongingness (d) Safety

Part B

(5 × 5 = 25)

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

11. (a) Classify the individual difference. (CO1, K2)

Or

- (b) Identify the importance, and scope of sports psychology. (CO1, K2)

12. (a) Sketch the personality and their sports performance. (CO2, K4)

Or

- (b) Extract about the nature of the learning. (CO2, K4)

13. (a) Write about primary and remote groups. (CO3, K4)

Or

- (b) Relate the concept of socialization through physical education. (CO3, K4)

14. (a) Identify the importance of culture in physical education. (CO4, K5)

Or

- (b) Explain the questionnaire methods of studying. (CO4, K5)

15. (a) Identify the superconscious mind and explain it. (CO5, K6)

Or

- (b) Classify the stages of mind with suitable examples. (CO5, K6)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1,000 words each.

16. (a) Explain the general characteristics of growth and development. (CO1, K2)

Or

- (b) Illustrate the psycho-sociological aspects of human behavior concerning Physical Education and sports. (CO1, K2)

17. (a) Briefly explain the any four types of learning. (CO2, K4)

Or

- (b) Evaluate the meaning and nature of stress and its effect on sports performance. (CO2, K4)

18. (a) Criticize the relationship between social science and physical education. (CO3, K4)

Or

- (b) Explain the value of orthodox customs and tradition in physical education. (CO3, K4)

19. (a) Enumerate the about traditional sports and physical education. (CO4, K5)

Or

- (b) Explain the importance of culture and its effects on people's lifestyles. (CO4, K5)

20. (a) Discuss the different methods of studying observation/inspection. (CO5, K6)

Or

- (b) Elaborate on the preparation of the mind in physical education. (CO5, K6)

R-2236

Sub. Code

721506

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2024

Third Semester

Physical Education

Elective : ADAPTED PHYSICAL EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions by choosing the correct options.

1. Adapted Physical Education programs are made to _____. (CO1, K2)
(a) Special person (b) General person
(c) Physically fit (d) Disability person
2. Important thinks of a qualified physical education teacher _____. (CO1, K2)
(a) Health and fitness
(b) Manage classroom
(c) Speed
(d) Strength
3. IQ level of mental retardation _____. (CO2, K4)
(a) Above 56 to 70 (b) Above 70 to 75
(c) Below 70 to 75 (d) Below 56 to 70
4. The mild decibel point of hearing impairment _____. (CO2, K4)
(a) 16 to 25 (b) 26 to 40
(c) 41 to 55 (d) 56 to 70

5. PTA stands for _____. (CO3, K4)
- (a) Parents Teacher Alliance
 - (b) Parents Teacher Assembly
 - (c) Parents Teacher Association
 - (d) Parents Teacher Agreement
6. Unified sports can follow the principle of _____. (CO3, K4)
- (a) Exclusivity (b) Segregation
 - (c) Inclusion (d) Discrimination
7. What is the purpose of activities and co-curricular activities for disabled? (CO4, K5)
- (a) To discourage participation
 - (b) To limit physical activity
 - (c) To promote health and well-being
 - (d) To exclude disabled students
8. Aquatic exercises can improve _____. (CO4, K5)
- (a) Endurance (b) Flexibility
 - (c) Coordination (d) Speed
9. Which rehabilitation approach includes systematic quantification of both the physical function and psychological factors that drive the therapeutic process for disabled persons? (CO5, K6)
- (a) Physical rehabilitation
 - (b) Occupational rehabilitation
 - (c) Psychological rehabilitation
 - (d) Functional rehabilitation
10. What factor is crucial for psychological function in rehabilitation? (CO5, K6)
- (a) Height (b) Exercise routine
 - (c) Social support (d) Medication regimen

Part B

(5 × 5 = 25)

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

11. (a) Write aims and objectives of adapted physical education. (CO1, K2)

Or

- (b) What are the quality and qualifications of adapted physical education teachers? (CO1, K2)

12. (a) Describe about the mental retardation. (CO2, K4)

Or

- (b) Differentiate the partial and side vision on visual impairment. (CO2, K4)

13. (a) Explain the government welfare program. (CO3, K4)

Or

- (b) Write the function of parent teacher association. (CO3, K4)

14. (a) Classify the outdoor programs for disabled. (CO4, K5)

Or

- (b) Write short notes on aquatic activity programs. (CO4, K5)

15. (a) Give the meaning of adapted rehabilitation. (CO5, K6)

Or

- (b) Discuss about the functional rehabilitation. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) What are the need and importance of adapted physical education? (CO1, K2)

Or

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

17. (a) Give an elaborate detailed on hiring impairment. (CO2, K4)

Or

- (b) Describe about the characteristics and functional limitation of disabled. (CO2, K4)

18. (a) What are the guiding principles of adapted physical education? (CO3, K4)

Or

- (b) Briefly explain the unified sports. (CO3, K4)

19. (a) Role of aquatic activity programme for disabled. Explain. (CO4, K5)

Or

- (b) Discuss about the adventure based outdoor programme. (CO4, K5)

20. (a) What are the importance of adapted program in rehabilitation? (CO5, K6)

Or

- (b) Write the difference between functional and psychological rehabilitation. (CO5, K6)