R2209

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

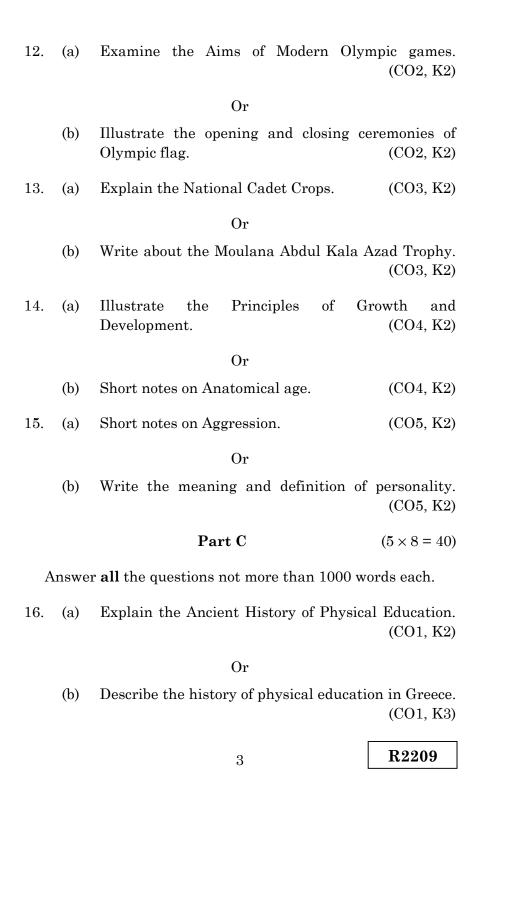**First Semester**

Physical Education

HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

(CBCS – 2022 onwards)

Time : 3 Hours   Maximum : 75 Marks

Part A   (10 × 1 = 10)

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

1.   The Modern Olympic Games started in the year (CO1, K1)

     (a)   1896   (b)   1986

     (c)   1869   (d)   1868

2.   The ancient Olympic Games conducted for honor of god
                                        (CO1, K1)

     (a)   Hera   (b)   Zeus

     (c)   Hercules   (d)   Atlas

3.   Common Wealth started ————— in the year.
                                        (CO2, K1)

     (a)   1930   (b)   1931

     (c)   1932   (d)   1940

4.   SAI founded in the year   (CO2, K1)

     (a)   1961   (b)   1984

     (c)   1971   (d)   1960

5. Ancient Olympic Games will be started at   (CO3, K1)
   (a) Masco   (b) Athens
   (c) Tokyo   (d) Berlin

6. The Olympic Games are conducted by   (CO3, K1)
   (a) IPC   (b) ICC
   (c) IOC   (d) FIFA

7. Asian Games started in the year   (CO4, K1)
   (a) 1985   (b) 1896
   (c) 1900   (d) 1951

8. Endomorph, Mesomorph and Ectomorph is classification of   (CO4, K1)
   (a) Sheldon's   (b) Kretchmer
   (c) Dubley   (d) Harold M. Barrow

9. The headquarters of Nethaji Subash National Institute of Sports is   (CO5, K1)
   (a) New Delhi   (b) Patiala
   (c) Chandigarh   (d) Calcutta

10. Sports Authority of India was formed in the year   (CO5, K1)
    (a) 1994   (b) 1984
    (c) 1974   (d) 1964

Part B   (5 × 5 = 25)

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

11. (a) Briefly Explain the Vedic Period.   (CO1, K2)

Or

   (b) Summarize the Epic Period.   (CO1, K2)

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12. (a) Examine the Aims of Modern Olympic games.
    (CO2, K2)

Or

(b) Illustrate the opening and closing ceremonies of Olympic flag. (CO2, K2)

13. (a) Explain the National Cadet Crops. (CO3, K2)

Or

(b) Write about the Moulana Abdul Kala Azad Trophy. (CO3, K2)

14. (a) Illustrate the Principles of Growth and Development. (CO4, K2)

Or

(b) Short notes on Anatomical age. (CO4, K2)

15. (a) Short notes on Aggression. (CO5, K2)

Or

(b) Write the meaning and definition of personality. (CO5, K2)

Part C (5 × 8 = 40)

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

16. (a) Explain the Ancient History of Physical Education. (CO1, K2)

Or

(b) Describe the history of physical education in Greece. (CO1, K3)

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17. (a) Illustrate the Asian Games. (CO2, K3)

Or

(b) Explain the Modern Olympics Games. (CO2, K2)

18. (a) Describe the factors affecting growth and development. (CO2, K3)

Or

(b) Illustrate the National Sports Awards. (CO3, K2)

19. (a) Explain differences between anatomical and physiological of male and female. (CO1, K2)

Or

(b) Illustrate the chorological age and mental age. (CO1, K2)

20. (a) Discuss about the Kretchmer Classification. (CO1, K2)

Or

(b) Describe the Characteristics of Personalities. (CO1, K2)

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R2210	Sub. Code
	720104

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

First Semester

Physical Education

TRACK AND FIELD – I

(CBCS – 2022 onwards)

Time : 3 Hours   Maximum : 75 Marks

Part A   (10 × 1 = 10)

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

1. RDR stands for   (CO1, K1)

    (a) Curve Drive Running

    (b) Running Drive Radius

    (c) Curve Distance Running

    (d) Circle Distance Radius

2. IOC   (CO1, K1)

    (a) International Olympic Committee

    (b) Indian Olympic Committee

    (c) International of Olympic Committee

    (d) Indian Olympic of Committee

3. Width of the lanes is —————.   (CO2, K1)

    (a) 1.20 to 1.22 mts   (b) 1.21 to 1.23 mts

    (c) 1.22 to 1.25 mts   (d) 1.19 to 1.22 mts

4. The height of top bar of the hurdles shall be ——————.

(CO2, K1)

   (a) 70 mm   (b) 60 mm
   (c) 40 mm   (d) 50 mm

5. In which stagger will be used in 400mts events (CO3, K1)
   (a) Full Stagger
   (b) Half Stagger
   (c) One and Half Stagger
   (d) One and Half Stagger + diagonal excess

6. Who is the control of the arena   (CO3, K1)
   (a) Announcer   (b) Marshal
   (c) Recorder   (d) Judges

7. The inside of the diameter of the circle shall be —————— in Shot-put throw   (CO4, K1)

   (a) 2.135 mts   (b) 2.50 mts
   (c) 2.60 mts   (d) 1.067 mts

8. The Weight of shot put shall be ——————.   (CO4, K1)

   (a) 5.00 mts   (b) 5.25 mts
   (c) 4.00 mts   (d) 4.50 mts

9. The Rest between over 1000 mts shall be ——————.

(CO5, K1)

   (a) 45 minutes   (b) 30 minutes
   (c) 90 minutes   (d) Next day

10. In the 400 mts hurdles distance between the hurdles is

(CO5, K1)

   (a) 35 mts   (b) 40 mts
   (c) 45 mts   (d) 50 mts

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

11. (a) List out the track events and short notes on standard track. (CO1, K2)

Or

(b) Calculate the area requirement of Standard track. (CO1, K2)

12. (a) Calculate the full stagger for Non-Standard track. (CO1, K4)

Or

(b) Draw a diagram of 200 mts track – 38 mts straight. (CO1, K4)

13. (a) Write the about wind gauge. (CO1, K1)

Or

(b) Write the specifications of 110 mts Hurdles. (CO1, K1)

14. (a) Draw a neat diagram of Shot-Put throw sector with all measurements. (CO1, K3)

Or

(b) Write about the rules of Tie breaking in Field events. (CO1, K3)

15. (a) Point out any five general rules of Track Events. (CO1, K4)

Or

(b) Describe the duties of Recall starter. (CO1, K4)

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

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

16. (a) Describe the 200 mts track and mark 4×100 relay.
                              (CO1, K3)

                    Or

     (b) Illustrate the construction of standard track.
                              (CO1, K3)

17. (a) Draw a neat diagram of standard track with one
          and half stagger markings.   (CO2, K3)

                    Or

     (b) Compute RDR and CDR.   (CO2, K3)

18. (a) Discuss the method to layout of400mts track –
          83 mts straight.   (CO3, K4)

                    Or

     (b) Calculation and marking for full stagger and half
          stagger distances width of 1.22.   (CO3, K4)

19. (a) Draw a neat diagram of Hammer throw sector and
          its Markings.   (CO4, K3)

                    Or

     (b) State the dimension of 110 mts and 400 mts (men)
          hurdles measurements.   (CO4, K3)

20. (a) Explain their duties of Marshal.   (CO5, K4)

                    Or

     (b) Explain the duties of Announcer.   (CO5, K4)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

First Semester

Physical Education

Elective — FITNESS AND WELLNESS 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. The ability to do daily task with alertness and without fatigue is   (CO1, K1)

    (a) Motor fitness   (b) Physical fitness

    (c) Mental fitness   (d) Ability

2. Which one is not a component of fitness?   (CO1, K2)

    (a) speed   (b) strength

    (c) weight training   (d) flexibility

3. A food pyramid help to choose a variety of foods to achieve a   (CO2, K3)

    (a) balance diet   (b) malnutrition

    (c) weight loss   (d) eating disorder

4. A calorie is a   (CO1, K2)

    (a) bad thing   (b) good thing

    (c) type of food   (d) unit of energy

5. Fartlek training is given for improving (CO3, K4)

   (a) balance   (b) flexibility

   (c) endurance   (d) co-ordination

6. Activity done with pauses of incomplete recovery is called (CO3, K4)

   (a) Continuous training

   (b) Repetition training

   (c) Fartlek training

   (d) Interval training

7. The mediatation techniques leads to (CO3, K4)

   (a) Increase stress   (b) Reduce stress

   (c) Develop speed   (d) Decrease power

8. What is relaxation? (CO1, K2)

   (a) The state of being relaxed

   (b) The state of sleep

   (c) The state of focus

   (d) The state of readiness

9. Cardiorespiratory endurance is measured by (CO3, K4)

   (a) Vozmax   (b) Heart beat

   (c) 1 RM   (d) Sit and reach test

10. Shuttle run test is used to measure (CO2, K3)

   (a) speed   (b) flexibility

   (c) agility   (d) body composition

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

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

11. (a) Describe the term related to fitness and wellness.
                                          (CO1, K1)

                  Or

    (b) List down the components of physical fitness.
                                          (CO1, K1)

12. (a) Explain the Bioenergetics.   (CO1, K2)

                  Or

    (b) Express the impact of exercise on metabolism.
                                          (CO1, K2)

13. (a) Simplify the principles of training.   (CO3, K4)

                  Or

    (b) Interpret the FITT formula.   (CO3, K4)

14. (a) Develop the autogenic training.   (CO2, K3)

                  Or

    (b) Identify the music exercise and rest on stress
        management.   (CO2, K3)

15. (a) Categorize the fitness evaluating process and
        procedure.   (CO3, K4)

                  Or

    (b) Classify the factors influencing in testing. (CO3, K4)

3   **R2211**

Part C (5 × 8 = 40)

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

16. (a) Assess the factors influencing fitness. (CO4, K5)

Or

(b) Illustrate the dimension of wellness and its management techniques. (CO4, K5)

17. (a) Evaluate the three energy system and its characteristics. (CO4, K5)

Or

(b) Assess the estimation of energy needs and energy intake. (CO4, K5)

18. (a) Elaborate the principles of preventing fitness injuries. (CO5, K6)

Or

(b) Discuss about the basic and advanced conditioning exercises. (CO5, K6)

19. (a) Identify the nature and effects of stress on body systems. (CO2, K3)

Or

(b) Discover the role of yoga on stress management. (CO2, K3)

20. (a) Examine the objectives of evaluating fitness. (CO3, K4)

Or

(b) Classify the test items for various fitness components. (CO3, K4)

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R2212		Sub. Code
		720303

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

FOUNDATION OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours Maximum : 75 Marks

Part A (10 × 1 = 10)

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

1. The father of Yoga is (CO1, K1)
   (a) Baba Ramdev (b) Isha
   (c) Patanjali (d) B.K.S. Iyengar

2. Ashtanga yoga is otherwise called as (CO3, K4)
   (a) Bakthi yoga (b) Karma Yoga
   (c) Kundalini yoga (d) Raja Yoga

3. How many limbs are there in Yoga? (CO1, K2)
   (a) Six (b) Eight
   (c) Ten (d) Twelve

4. The eighth limb of yoga is (CO3, K4)
   (a) Samadhi (b) Dhyana
   (c) Dharana (d) Pratyahara

5. The forward bend asana is sitting posture is (CO2, K3)

   (a) Virukshasana   (b) Patchimottanasana

   (c) Trikonasana   (d) Vajrasana

6. The number of stages in surya namaskar is (CO3, K4)

   (a) six   (b) eight

   (c) ten   (d) twelve

7. Pranayama is (CO2, K3)

   (a) posture   (b) control mind

   (c) body locks   (d) control breath

8. Sitkari Pranayama helps to (CO1, K2)

   (a) body control   (b) mind control

   (c) cool the body   (d) heat the body

9. Uddiyana bandha is the (CO2, K3)

   (a) Abdominal lock   (b) Anus lock

   (c) Chin lock   (d) Brain lock

10. Mudras are the (CO2, K3)

    (a) Mind control   (b) Arm poses

    (c) Breathing pattern (d) Clothes

Part B (5 × 5 = 25)

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

11. (a) Find out the historical back ground of yoga. (CO1, K1)

    Or

    (b) Define the term yoga and its types. (CO1, K1)

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12. (a) Explain the dharana stage in yoga. (CO1, K2)

Or

(b) Explain the dhyana stage in yoga. (CO1, K2)

13. (a) Examine the meditative asanas. (CO3, K4)

Or

(b) Classify the asanas performed in sitting posture. (CO3, K4)

14. (a) Interpret the ratio of breathing. (CO3, K4)

Or

(b) Classify the types of Pranayama. (CO3, K4)

15. (a) Explain the procedure of trataka. (CO4, K5)

Or

(b) Write the importance of Uttiyana banda. (CO4, K5)

Part C (5 × 8 = 40)

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

16. (a) Identify the need and importance of yoga. (CO2, K3)

Or

(b) Discover the bakthi yoga. (CO2, K3)

17. (a) Classify the eight limbs of yoga, (CO1, K2)

Or

(b) Illustrate the impact of yoga on daily life. (CO1, K2)

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18. (a) Develop the procedure of doing yoga mudras. (CO3, K4)

Or

(b) Construct the procedure and its benefits of Savasana. (CO3, K4)

19. (a) Elaborate about the Ten Vayus. (CO5, K6)

Or

(b) Discuss about the Suryabhedana. (CO5, K6)

20. (a) Classify the types of Kriyas. (CO3, K4)

Or

(b) Interpret the four bandas. (CO3, K4)

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4   **R2212**

R2213		Sub. Code
		720304

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

TRACK AND FIELD – II

(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. Arc start is used for   (CO1, K1)

    (a) 400 mts   (b) 4 × 400 mts

    (c) 4 × 100 mts relay (d) 1500 mts

2. The total weight of the relay baton shall be not less than   (CO1, K1)

    (a) 40 gms   (b) 50 gms

    (c) 60 gms   (d) 30 gms

3. The weight of the steeple chase hurdles shall be between ——————————   (CO2, K2)

    (a) 80 kg to 100 kg   (b) 70 kg to 100 kg

    (c) 50 kg to 80 kg   (d) 30 kg to 40 kg

4. WADA   (CO2, K2)

    (a) The World Anti-doping Agency

    (b) The World Athletics -doping Associations

    (c) The World Athletics - doping Agency

    (d) The World Anti-Doping Associations

5. The Weight of the shot-put ———————— for women
(CO3, K3)

   (a) 4.00 Kg   (b) 3.00 Kg

   (c) 5.00 Kg   (d) 7.260 Kg

6. Who will inform the public of the names and numbers of the athletes taking part in each event (CO4, K2)

   (a) Marshal   (b) Lap Scores

   (c) Referee   (d) Announcer

7. The break lines is used to which event (CO3, K3)

   (a) 400×100 mts R   (b) 4×100 mts R

   (c) 5000 mts   (d) All the above

8. The overall length of the vault box shall be ——————— in the pole Vault (CO4, K4)

   (a) 4.00 mts   (b) 4.25 mts

   (c) 4.30 mts   (d) 4.50 mts

9. The Maximum length of the run way shall be - in Long jump (CO4, K4)

   (a) 40 mts   (b) 38 mts

   (c) 42 mts   (d) 45 mts

10. The overall length of the cross bar shall be ——————— in the high jump (CO5, K5)

    (a) 5.00 mts   (b) 5.25 mts

    (c) 4.00 mts   (d) 4.50 mts

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

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

11. (a) What is the Break line? Why it's used? (CO1, K1)

Or

(b) What is Double arc Start? (CO1, K1)

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12. (a) Brief about Middle Distance. (CO2, K2)

Or

(b) Write the about wind gauge. (CO2, K2)

13. (a) Point out any five general rules of Triple Jump. (CO3, K3)

Or

(b) Draw a neat diagram of Long jump field with all measurements. (CO3, K3)

14. (a) Brief about rules for Heptathlon. (CO4, K4)

Or

(b) Write about the rules of Tie breaking in track events. (CO4, K4)

15. (a) Point out any five general rules of Track Events. (CO5, K5)

Or

(b) List out the ten international athletes' name in India. (CO5, K5)

Part C (5 × 8 = 40)

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

16. (a) Describe and Draw a neat diagram of 400 mts standard track and mark the 4 × 400 ms relay. (CO1, K1)

Or

(b) Discuss the method to layout of 400 mts track and mark the arc and double arc start. (CO1, K1)

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17. (a) Illustrate the Marathon race. (CO2, K2)

Or

(b) Explain about the rules and regulation of race walking. (CO2, K2)

18. (a) State the dimension of 100, 110 mts and 400 mts hurdles measurements. (CO3, K3)

Or

(b) Explain the Rules and regulation for track events. (CO3, K3)

19. (a) Draw a neat diagram of High jump sector with all Specifications. (CO4, K4)

Or

(b) Explain about the rules of Tie breaking in high jump and long jump events. (CO4, K4)

20. (a) Examine the Heptathlon and Decathlon. (CO5, K5)

Or

(b) Interpret about the International records in athletics (Women Events) (CO5, K5)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Third Semester

Physical Education

Elective – SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2022 onwards)

Time : Three Hours   Maximum : 75 Marks

Part A   (10 × 1 = 10)

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

1.   Sports psychology which means   (CO1, K1)

      (a)   students behaviour in sports

      (b)   sports and psychology

      (c)   students skills in sports

      (d)   sports and health

2.   ——————— is basically something that energizes, direct and sustains behaviour.   (CO1, K2)

      (a)   Attitude   (b)   Emotions

      (c)   Feelings   (d)   Motivations

3.   The role of sports psychologists fill   (CO2, K1)

      (a)   Performance enhancement

      (b)   Drug enhancement

      (c)   Psychotherapy

      (d)   Mental improveness

4. PF test is based on   (CO2, K2)

    (a) Eysenck's theory

    (b) Cattell's theory

    (c) All Port's theory

    (d) None of the above

5. Laws of learning was developed by   (CO3, K2)

    (a) Pavlo   (b) Adam Smith

    (c) Thorndike   (d) Gordon

6. The benefits of transfer of learning is   (CO3, K2)

    (a) motivation

    (b) increased confidence

    (c) skill improvement

    (d) all the above

7. When did the term sociology coined?   (CO4, K2)

    (a) 1838   (b) 1732

    (c) 1835   (d) 1650

8. Qualities of good leader.   (CO4, K2)

    (a) Good listener   (b) Empathy

    (c) Decision maker   (d) all the above

9. Physical development activities develop which of the
    following qualities among students.   (CO5, K2)

    (a) self-confidence   (b) judgement

    (c) sportsmanship   (d) all the above

10. Who developed the scientific management theory?
                                                  (CO5, K2)

    (a) Elton Mayo   (b) Max Weber

    (c) F.W. Taylor   (d) Henry Fayol

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R2214

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

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

11. (a) Define psychology and what do you understand by term sports psychology.   (CO1, K3)

                    Or

    (b) Mention the branches of sports psychology. (CO1, K3)

12. (a) Write down the meaning and definition of motivation.   (CO2, K2)

                    Or

    (b) How to measures the personality?   (CO2, K3)

13. (a) Mention any two laws of learning?   (CO3, K3)

                    Or

    (b) Explain any two developmental characteristics of adolescence.   (CO3, K3)

14. (a) Write down the meaning and definition of sociology.   (CO4, K3)

                    Or

    (b) Explain about socializing institutions.   (CO4, K3)

15. (a) What is the social impact of sport?   (CO5, K3)

                    Or

    (b) Mention some behaviour of sportsmen and spectators.   (CO5, K3)

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Part C (5 × 8 = 40)

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

16. (a) Enumerate the history of sports psychology.
   (CO1, K4)

   Or

   (b) Explain the need and importance of sports psychology. (CO1, K4)

17. (a) Describe the factors influencing the learning and performance. (CO2, K3)

   Or

   (b) Describe the factors affecting the development of personality. (CO2, K3)

18. (a) Define learning. Explain the types of learning. (CO3, K4)

   Or

   (b) Highlight the differences between growth and development. (CO3, K4)

19. (a) Describe the nature and scope of sports sociology. (CO3, K3)

   Or

   (b) Explain about the sports as an institutionalizing agency. (CO3, K3)

20. (a) Explain about the sports as social phenomena and product of culture. (CO5, K3)

   Or

   (b) Describe about the leadership in physical education. (CO5, K3)

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R2214

R2215

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Fifth Semester

Physical Education

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.   Adaptations to training load at high altitudes is called
      ——————   (CO1, K1)

      (a)   Acclimatization

      (b)   Regularization

      (c)   Super compensation

      (d)   High performance

2.   Which is "NOT" the principles of training   (CO1, K1)

      (a)   Continuity

      (b)   Specificity

      (c)   Progression of load

      (d)   Economy

3. The combination of strength and speed ability is called
(CO2, K1)

   (a) explosive strength

   (b) maximum strength

   (c) strength endurance

   (d) maximum speed

4. The ability to overcome resistance or to act against resistance under condition of fatigue is called   (CO2, K1)

   (a) explosive strength

   (b) strength endurance

   (c) maximum strength

   (d) co-ordination

5. Ballistic method is one of the method of improving
(CO3, K1)

   (a) strength   (b) endurance

   (c) flexibility   (d) agility

6. The ability of body to execute movement with greater amplitude or range is   (CO3, K1)

   (a) strength

   (b) flexibility

   (c) stamina

   (d) body composition

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7. Transition period means   (CO4, K2)

   (a) recover

   (b) recreation

   (c) stabilization of performance

   (d) super compensation

8. The total work done in a training period is known as
                                                   (CO4, K1)

   (a) volume   (b) density

   (c) intensity   (d) frequency

9. Benefits of resistance training for older adults is
                                                   (CO5, K2)

   (a) increased strength

   (b) increased muscle mass

   (c) increased bone density

   (d) all the above

10. BMI means   (CO5, K2)

   (a) base mass index

   (b) body mass index

   (c) body measurement index

   (d) body mean index

R2215

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

11. (a) Define sports training and mention the characteristics of sports training. (CO1, K3)

Or

(b) Write down the means and methods of training. (CO1, K3)

12. (a) Define flexibility and write down the types. (CO2, K3)

Or

(b) Express about the co-ordination. (CO2, K3)

13. (a) Examine the stages and methods of technical preparation. (CO3, K4)

Or

(b) Explain the concepts of tactical preparation. (CO3, K3)

14. (a) What are the importance of periodization? (CO4, K3)

Or

(b) Mention about the competition frequency. (CO4, K3)

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15. (a) Explain the motor development and its implications in childhood. (CO5, K5)

Or

(b) How to give the training programme for different age groups? (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Illustrate the principles of sports training. (CO1, K4)

Or

(b) Define training load and explain the factors affecting load. (CO1, K4)

17. (a) Describe the types of motor components. (CO2, K3)

Or

(b) Express the means and methods of developing strength. (CO2, K3)

18. (a) Define technical preparation. Explain the causes, errors and correction of faults in technical preparation. (CO3, K5)

Or

(b) Examine the methods of tactical development. (CO3, K3)

19. (a) Define Periodization. Explain the types of periodization. (CO4, K3)

Or

(b) Describe the types of Planning. (CO4, K3)

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20. (a) Explain about the training and peaking of performance during different ages. (CO5, K4)

Or

(b) Describe about the motor development of adolescence and childhood. (CO5, K4)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Fifth Semester

Physical Education

RESEARCH METHODOLOGY AND STATISTICS 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.   Action research is   (CO1, K2)

     (a)   applied research

     (b)   solve immediate problem

     (c)   a longitudinal research

     (d)   all the above

2.   The process of field-work based research is classified as
                                                    (CO1, K2)

     (a)   empirical   (b)   historical

     (c)   experimental   (d)   biographical

3.   Bibliography given in a research report   (CO2, K2)

     (a)   shows vast knowledge

     (b)   helps to further research

     (c)   has no relevance to research

     (d)   all the above

4. How many chapters for writing the thesis? (CO2, K1)

    (a) 6 (b) 4

    (c) 5 (d) 7

5. The numerical collection, presentation, analysis and interpretation of data is called (CO3, K2)

    (a) research (b) statistics

    (c) problem finding (d) solution

6. Which of the following is the need of statistics in physical education? (CO3, K2)

    (a) to understand the literature

    (b) to construct the research problem

    (c) to conduct research

    (d) all the above

7. Calculate mean for the followind data? (CO3, K4)

    (2, 6, 8, 4, 5)

    (a) 5 (b) 7

    (c) 10 (d) no mean

8. Find out the mode from the following data (CO4, K4)

    2, 3, 4, 6, 5, 6, 4, 4, 5

    (a) 6 (b) 5

    (c) 4 (d) no mode

9. Which of the following is not the method of research? (CO5, K2)

    (a) survey (b) historical

    (c) observation (d) philosophical

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10. Hypothesis means (CO5, K2)

    (a) state of predictions

    (b) conclusion

    (c) recommendation

    (d) giving solution

Part B (5 × 5 = 25)

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

11. (a) Write down the need and importance of research in physical education. (CO1, K3)

    Or

    (b) Explain about experimental variables. (CO1, K3)

12. (a) Explain about case study. (CO2, K3)

    Or

    (b) How to write the footnote? (CO2, K3)

13. (a) How to construct a frequency table. (CO3, K4)

    Or

    (b) Explain about frequency polygon. (CO3, K3)

14. (a) Calculate Mean, Median, Mode for the following data? (CO4, K4)

    10 8 7 17 21 6 4 3 2 5

    Or

    (b) Explain about measures of variability. (CO4, K3)

15. (a) Explain the method of writing the abstract. (CO5, K3)

    Or

    (b) How to write the bibliography and give some examples? (CO5, K3)

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Part C   (5 × 8 = 40)

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

16. (a) Define the term Research. Explain the types of Research. (CO1, K4)

Or

    (b) Explain the nature and characteristic of research. (CO1, K3)

17. (a) Explain about the survey study. (CO2, K3)

Or

    (b) Illustrate about the research proposal. (CO2, K3)

18. (a) Describe the types of statistics. (CO3, K3)

Or

    (b) Explain the need and importance of statistics in physical education. (CO3, K3)

19. (a) Describe about the measures of central tendency. (CO4, K3)

Or

    (b) Calculate mean, median and mode from the following data. (CO4, K4)

65, 45, 30, 25, 37, 42, 51, 60, 36, 42

20. (a) Illustrate about the organization of thesis report. (CO2, K4)

Or

    (b) Describe the steps and sources of historical research. (CO1, K3)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Fifth Semester

Physical Education

METHODS 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. The manner of artistic execution in presenting a subject
    matter is   (CO1, K1)

    (a) Personal preparation

    (b) Presentation technique

    (c) Technical preparation

    (d) Class management

2. Presentation in teaching must be simple to   (CO1, K1)

    (a) Complex   (b) Easy

    (c) Elementary   (d) Clean

3. What is the ideal number of students in physical
    education class?   (CO2, K1)

    (a) 20   (b) 25

    (c) 30   (d) 40

4. Formal activity are taught by (CO2, K1)

    (a) lecturing method   (b) demonstration method

    (c) command method   (d) imitation method

5. The competition which is held within the institution is (CO3, K1)

    (a) intramural   (b) extramural

    (c) sports day   (d) annual day

6. The highest authority of intramural competition in a college is (CO3, K2)

    (a) Principal

    (b) Chairman

    (c) Director of Phy. Edn

    (d) Assistant director of Phy. Edn

7. The duration of teaching formal part should be (CO4, K1)

    (a) 8 min   (b) 10 min

    (c) 15 min   (d) 20 min

8. Round Robin Tournament means (CO4, K1)

    (a) Knockout tournament

    (b) League tournament

    (c) Combination

    (d) Challenge

9. Total number of matches for six teams in league tournament is (CO5, K2)

    (a) 14   (b) 16

    (c) 13   (d) 15

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10. How many byes will be alloted for 8 teams   (CO5, K2)

   (a) 2 byes   (b) 3 byes

   (c) 1 byes   (d) no byes

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

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

11. (a) Write down the scope of teaching methods in physical education.   (CO1, K2)

                        Or

   (b) Explain about learning by doing.   (CO1, K2)

12. (a) Explain about the teaching aids.   (CO2, K2)

                        Or

   (b) Classify the criteria for audio visual aids. (CO2, K2)

13. (a) Examine the factor influencing class management.   (CO3, K3)

                        Or

   (b) Explain the advantages of lesson plan.   (CO3, K3)

14. (a) What is intramural and extramural?   (CO4, K2)

                        Or

   (b) Write down the principles of inter institutional competition.   (CO4, K3)

15. (a) Draw a fixtures for 15 teams in knock-out tournament.   (CO5, K4)

                        Or

   (b) Explain about the Bagnall Wild method.   (CO5, K3)

3   R2217

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

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

16. (a) Describe the factors that influence method of teaching in physical education.   (CO1, K3)

Or

(b) Explain the principles of teaching.   (CO1, K3)

17. (a) Illustrate about the different methods of teaching physical activities.   (CO2, K4)

Or

(b) What is audio visual aid? Explain the types of audio-visual aids.   (CO2, K3)

18. (a) Explain the principles of class management.   (CO3, K3)

Or

(b) Classify the steps in class management.   (CO3, K3)

19. (a) Explain the organizational method of intramurals.   (CO4, K4)

Or

(b) Describe about the types of incentives and awards in physical education.   (CO4, K3)

20. (a) Draw a fixtures for 25 teams in seeding method.   (CO5, K5)

Or

(b) What is tournament? Explain the types of competition.   (CO5, K3)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Fifth Semester

Physical Education

ORGANIZATION AND ADMINISTRATION 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. Administration means   (CO1, K1)

    (a) work of plan

    (b) carryout the plan

    (c) clear cut idea in advance

    (d) none of these

2. Clear-cut idea in advance is known as   (CO1, K2)

    (a) administration   (b) planning

    (c) organization   (d) management

3. The process of establishing worker relationships allows workers to work together to achieve their organizational goals.   (CO2, K3)

    (a) planning   (b) placement

    (c) organizing   (d) staffing

4. Organization refers (CO1, K2)

   (a) carryout the plan

   (b) work of plan

   (c) planning of the work

   (d) none of these

5. The olympic games are organized by (CO3, K4)

   (a) IPC   (b) IOC

   (c) ICC   (d) all the above

6. A student appointed or elected to lead the student body of a school is (CO3, K4)

   (a) head master   (b) physical director

   (c) team captain   (d) school pupil leader

7. Which one of the following is permanent equipments? (CO3, K4)

   (a) balls   (b) bats

   (c) nets   (d) goal posts

8. Kho-kho court should be marked by (CO2, K3)

   (a) East-West   (b) North-South

   (c) North-West   (d) South-East

9. The sports goods details are keep in (CO2, K3)

   (a) health register   (b) cash register

   (c) stock register   (d) attendance register

10. The meaning of budget in physical education is (CO1, K2)

    (a) expenditure for planning for sports meets

    (b) expenditure for physical education programme

    (c) expenditure for sports meets

    (d) advance planning for income and expenditure of whole year

R2218

Part B (5 × 5 = 25)

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

11. (a) List down the sports management services. (CO1, K1)

Or

(b) Write the meaning of management and sports management. (CO1, K1)

12. (a) Identify the management functions. (CO2, K3)

Or

(b) Identify the limitation of management functions. (CO2, K3)

13. (a) Draw a physical education organization chart for college. (CO3, K4)

Or

(b) Examine the schemes of management in physical education. (CO3, K4)

14. (a) Assess the permanent equipments in physical education. (CO4, K5)

Or

(b) Assess the temporary equipments in physical education. (CO4, K5)

15. (a) Interpret the purchase, care and supplies of equipments. (CO3, K4)

Or

(b) Simplify the records and registers in physical education. (CO3, K4)

3 **R2218**

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

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

16. (a) Elaborate the guiding principles of sports management. (CO5, K6)

Or

(b) Discuss about the sports organization. (CO5, K6)

17. (a) Explain the future of planning and planning process in management functions. (CO1, K2)

Or

(b) Explain the evaluation and performance appraisal in management functions. (CO1, K2)

18. (a) Construct the physical education organizational chart for high school. (CO5, K6)

Or

(b) Draw the physical education organizational chart for state level. (CO5, K6)

19. (a) Categories the play area in institutions. (CO3, K4)

Or

(b) Examine the facilities and standards in physical education. (CO3, K4)

20. (a) Prepare a model budget for annual sports day of college. (CO2, K3)

Or

(b) Identify the sources of income for sports and games in schools. (CO2, K3)

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B.Sc. DEGREE EXAMINATION, NOVEMBER – 2024

Fifth Semester

Physical Education

Elective – ADAPTED 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 restriction or lack of ability to perform activity from normal human being is   (CO1, K1)

   (a) Fitness   (b) Disability

   (c) Impairment   (d) Beginner

2. Adapted physical education aims to help students   (CO3, K4)

   (a) To improve Stress and Anxiety

   (b) To improve disability

   (c) To promote negative thoughts

   (d) To improve their balance, coordination and posture

3. The major International sports competition for athletes with disabilities is   (CO2, K3)

   (a) Olympics   (b) Winter Olympics

   (c) Paralympics   (d) Youth Olympics

4. Visual impairment include (CO4, K5)

   (a) Deafness

   (b) Partial vision and total blindness

   (c) Deaf and Dumb

   (d) Mental disorders

5. Name the model which refers to bringing students with disabilities and students of general education into the same platform of learning (CO3, K4)

   (a) Higher Education

   (b) Pattern Education

   (c) Inclusive education

   (d) Therapeutic Education

6. Physical education teachers should contact ————————— when creating PE lessons for individual students.(CO3, K4)

   (a) Special education teacher

   (b) Parent

   (c) Physical therapist

   (d) All of the above

7. Deaflympics is conducted for (CO1, K1)

   (a) People with vision impairment

   (b) People with hearing impairment

   (c) People with Intellectual disability

   (d) All of the above

8. The athlete with Orthopedical disorder is called (CO1, K2)

   (a) Physically Challenged

   (b) Mentally Challenged

   (c) Deaf and Dumb

   (d) Visual Impairment

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9. The scientific name of artificial legs or hands is (CO2, K3)

   (a) Standing frames

   (b) Amplified telephones

   (c) Orthoses

   (d) Prostheses

10. Amplified telephones is used as a   (CO3, K4)

    (a) Mobility device   (b) Daily living devices

    (c) Vision device   (d) Hearing device

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

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

11. (a) List out the aim and objectives of physical education. (CO1, K1)

                        Or

    (b) Recall the brief historical review adapted physical education. (CO1, K1)

12. (a) Explain about the visual impairment.   (CO2, K2)

                        Or

    (b) Explain about the hearing impairment.   (CO2, K2)

13. (a) Examine the parental involvement in adapted physical education. (CO5, K6)

                        Or

    (b) Classify the unified sports program in adapted physical education. (CO5, K6)

14. (a) Explain the co-curricular activities for disabled students. (CO4, K5)

                        Or

    (b) Explain the cultural development program for adapted students. (CO5, K4)

15. (a) Estimate the importance of aquatic activity.
                                        (CO2, K3)

                        Or

    (b) Elaborate the psychological rehabilitation. (CO2, K3)

3   **R2219**

Part C (5 × 8 = 40)

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

16. (a) Find out the role of physical education in adapted physical education. (CO1, K1)

    Or

    (b) Describe the quality and qualification of teachers of adapted physical education. (CO1, K1)

17. (a) Classify the types of disabilities. (CO3, K4)

    Or

    (b) Illustrate the facilities and equipment for recreation and sports activities. (CO3, K4)

18. (a) Interpret the AAHPER guiding principles of adapted physical education. (CO3, K4)

    Or

    (b) Classify the government welfare program for adapted physical education. (CO3, K4)

19. (a) Assess the aquatic activity and its nature for various disabilities. (CO4, K5)

    Or

    (b) Evaluate the outdoor programme for disabled students (CO4, K5)

20. (a) Discuss about the role of rehabilitation in adapted physical education. (CO1, K2)

    Or

    (b) Discuss about the functional rehabilitation. (CO1, K2)

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