

R3004

Sub. Code

811201

M.P.Ed. DEGREE EXAMINATION, APRIL – 2025.

Second Semester

Physical Education

**APPLIED STATISTICS IN PHYSICAL EDUCATION AND
SPORTS**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. The science which deals with the collection, analysis and interpretation of numerical data is known as _____. (CO1, K4)
(a) Mean (b) Standard deviation
(c) Statistics (d) Quartile deviation
2. Which of the followings are types of statistics? (CO1, K4)
(a) Descriptive and comparative statistics
(b) Relationship and inferential statistics
(c) Predictive statistics
(d) All of these
3. The arithmetic average of a distribution is _____. (CO2, K4)
(a) Range (b) Mean
(c) Mode (d) Median
4. Which is not a measure of central tendency? (CO2, K4)
(a) Mean (b) Median
(c) Mode (d) Standard deviation

5. The total distance between the highest and lowest score in a distribution of raw data is known as _____. (CO3, K4)
- Range
 - Quartile deviation
 - Standard deviation
 - Mean deviation
6. Which indicates the spread of the middle 50 per-cent of the scores taken from the median? (CO3, K4)
- Range
 - Quartile deviation
 - Standard deviation
 - Mean deviation
7. Skewness may be _____. (CO4, K5)
- Positive or negative
 - Lepto kurtic or meso kurtic
 - Platty kurtic or meso kurtic
 - None of these
8. More peaked than normal curve is known as (CO4, K5)
- Leptokurtic
 - Mesokurtic
 - Platty kurtic
 - Normal curve
9. _____ 't' test is used for comparative study. (CO5, K6)
- Independent
 - Dependent
 - Both of these
 - None of these
10. The 't' test is applied when the total number of groups is _____. (CO5, K6)
- Two
 - Three
 - Four
 - Seven

Part B

(5 × 5 = 25)

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

11. (a) What is statistics? List out the types of statistics. (CO1, K4)

Or

- (b) What is data? List out the types of data and variables. (CO1, K4)
12. (a) Calculate measures of central tendency for the following data. (CO2, K4)
20, 21, 23, 23, 24, 25, 26, 28, 20, 27
Or
(b) What are the steps to be followed to organize the data in the form of frequency distribution?(CO2, K4)
13. (a) Write down the meaning of all the measures of variability. (CO3, K4)
Or
(b) Compute quartile deviation for the given scores. (CO3, K4)
59, 64, 67, 71, 73, 75, 78, 80, 85
14. (a) Explain the divergence from normality. (CO4, K5)
Or
(b) Write shorts notes on null hypothesis. (CO4, K5)
15. (a) What is independent 't' test? (CO5, K6)
Or
(b) Write short note on parametric and non-parametric statistics? (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 statistics in the field of physical education. (CO1, K4)
Or
(b) What is variables? Explain the types of variables. (CO1, K4)

17. (a) Compute mean from the given grouped data. (CO2, K4)

SI	140-144	145-149	150-154	155-159	160-164	165-169
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f	1	3	5	7	7	9
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SI	170-174	175-179	180-184	185-189	190-194	195-199
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f	8	6	5	3	2	1
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Or

- (b) Explain about meaning, purpose and advantages of measure of central tendencies. (CO2, K4)
18. (a) Describe the 6-sigma scale and T-scale with suitable examples. (CO3, K4)

Or

- (b) Find the standard deviation for the given data: (CO3, K4)

S.I	150-159	140-149	130-139	120-129	110-119	100-109	90-99	80-89	70-76	60-69
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f	1	3	7	11	15	12	8	4	2	1
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19. (a) List out the graphical representation in statistical with neat diagram. (CO4, K5)

Or

- (b) Describe the various types of kurtosis. (CO4, K5)
20. (a) Compute the independent 't' test for the given data (CO5, K6)

x	70	67	54	35	37	43
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y	59	48	34	62	56	37
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Or

- (b) Write down the meaning, types of correlation and coefficient of correlation with suitable examples. (CO5, K6)

R3005

Sub. Code

811202

M.P.Ed. DEGREE EXAMINATION, APRIL 2025.

Second Semester

Physical Education

SPORTS BIOMECHANICS AND KINESIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Which of the following best describes biomechanics?
(CO1, K4)
 - (a) Study of body structure
 - (b) Study of nutrition for athletes
 - (c) Study of human movement through mechanical principles
 - (d) Study of team dynamics in sports
2. Which term refers to the imaginary line around which the body rotates?
(CO1, K4)
 - (a) Vector
 - (b) Axis
 - (c) Plane
 - (d) Gravity
3. Which of the following best describes biomechanics?
(CO2, K4)
 - (a) Studs of body structure
 - (b) Study of human movement through mechanical principles
 - (c) Study of nutrition for athletes
 - (d) Study of team dynamics in sports

4. Linear motion occurs when _____. (CO2, K4)
 - (a) All parts of the body move in different directions
 - (b) A constant speed is maintained
 - (c) The body rotates about an axis
 - (d) All parts of the body move in the same direction at the same time
5. A lever with the fulcrum between the effort and load is classified as _____. (CO3, K4)
 - (a) First-class lever (b) Second-class lever
 - (c) Third-class lever (d) Compound lever
6. Which type of equilibrium occurs when the body is stationary? (CO3, K4)
 - (a) Dynamic equilibrium
 - (b) Static equilibrium
 - (c) Rotational equilibrium
 - (d) Transitional equilibrium
7. The primary action of the pectoralis major muscle is to _____. (CO3, K5)
 - (a) Extend the arm
 - (b) Flex and adduct the shoulder
 - (c) Rotate the leg
 - (d) Extend the knee
8. Which muscle is responsible for knee extension?(CO4, K5)
 - (a) Hamstring (b) Sartorius
 - (c) Quadriceps (d) Trapezius
9. Which type of analysis focuses on the quality of movement? (CO5, K6)
 - (a) Quantitative (b) Qualitative
 - (c) Predictive (d) Cinematographic

10. Cinematographic analysis involves _____.
(CO5, K6)
- (a) High-speed video recording to analyze motion
 - (b) Prediction of future movement patterns
 - (c) Observation of muscle activity
 - (d) Statistical evaluation of movement

Part B (5 × 5 = 25)

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

11. (a) Define kinesiology and explain their importance in the field of Physical Education. (CO1, K4)
- Or
- (b) Define axis. List out the types of axis. (CO1, K4)
12. (a) Write short notes on linear and angular motion in sports. (CO2, K4)
- Or
- (b) What is kinetically energy? (CO2, K4)
13. (a) Write short notes on projectile motion? (CO3, K4)
- Or
- (b) What is equilibrium? List out the types and explain any one. (CO3, K4)
14. (a) Write down the function of the trapezius muscles. (CO4, K5)
- Or
- (b) Draw a neat diagram of biceps muscles. (CO4, K5)
15. (a) Discuss about the mechanical principles of long jump. (CO5, K6)
- Or
- (b) Discuss the biomechanics involved in walking. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the need and impedance of biomechanics in the field of physical -education and sports. (CO1, K4)

Or

- (b) Discuss the concept of planes in human movement. (CO1, K4)

17. (a) Explain the various types of forces and their components in sports. (CO2, K4)

Or

- (b) Describe the application centripetal force in sports and game with example. (CO2, K4)

18. (a) What is equilibrium? Explain the types of equilibrium with examples. (CO3, K4)

Or

- (b) Explain the mechanical advantage of levers with examples. (CO3, K4)

19. (a) Explain origin, insertion and action of rectus femoris muscles with neat diagram. (CO4, K5)

Or

- (b) Explain the origin, insertion and actions of the hamstring group of muscles with a neat diagram. (CO4, K5)

20. (a) Discuss the various methods of movement analysis in your game of specialization. (CO5, K6)

Or

- (b) Explain the biomechanics of volleyball serving and spiking. (CO5, K6)

R3006

Sub. Code

811203

M.P.Ed. DEGREE EXAMINATION, APRIL 2025.

Second Semester

Physical Education

ATHLETIC CARE AND REHABILITATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. What is Lordosis associated with? (CO1, K4)
 - (a) Excessive forward curvature of the lumbar spine
 - (b) Sideward curvature of the spine
 - (c) Flattering of the thoracic spine
 - (d) None of the above
2. Flatfoot is characterized by _____. (CO1, K4)
 - (a) High arches
 - (b) Lack of a medial arch
 - (c) Excessive curvature of the lumbar spine
 - (d) Sideward curvature of the spine
3. In massage manipulation, give traction and shaking the end of limb is _____. (CO2, K4)
 - (a) Shaking
 - (b) Clapping
 - (c) Beating
 - (d) Vibrations

4. What is the chemical effect of massage on the body? (CO2, K4)
- (a) Increases cortisol production
 - (b) Enhances endorphin release
 - (c) Decreases circulation
 - (d) Restricts muscle elasticity
5. Which type of therapy involves alternating between hot and cold water for recovery? (CO3, K4)
- (a) Hydrotherapy
 - (b) Cryotherapy
 - (c) Contrast bath therapy
 - (d) Shortwave diathermy
6. Shortwave diathermy is primarily used for _____. (CO3, K4)
- (a) Cooling the injured area
 - (b) Deep tissue heating
 - (c) Muscle relaxation
 - (d) Compression
7. What is a common cause of bad posture? (CO4, K5)
- (a) Regular exercise
 - (b) Prolonged sitting with poor ergonomics
 - (c) Adequate muscle strength
 - (d) Good body mechanics

8. One of the key benefits of good posture is _____.
(CO4, K5)
- (a) Increased muscle stiffness
 - (b) Improved breathing efficiency
 - (c) Higher risk of injuries
 - (d) Reduction in flexibility
9. What is the main goal of rehabilitation exercises?
(CO5, K6)
- (a) Improve athletic performance
 - (b) Prevent recurrence of injuries and restore functionality
 - (c) Build muscle mass rapidly
 - (d) Increase competition readiness
10. What does PNF stand for in rehabilitation? (CO5, K6)
- (a) Physical Neutral Force
 - (b) Proprioceptive Neuromuscular facilitation
 - (c) Passive Nerve Function
 - (d) Physiological Nerve Facilitation

Part B (5 × 5 = 25)

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

11. (a) Write a brief note on the causes and effects of Scoliosis.
(CO1, K4)
- Or
- (b) What is flat foot? Discuss its common causes and treatment.
(CO1, K4)

12. (a) Explain the physiological effects of massage on the human body. (CO2, K4)

Or

- (b) Differentiate between effleurage and petrissage manipulations. (CO2, K4)

13. (a) What are the key principles for preventing sports injuries? (CO3, K4)

Or

- (b) Write a short note on the benefits of ultrasound therapy in sports rehabilitation. (CO3, K4)

14. (a) How is a posture test performed to examine spinal alignment? (CO4, K5)

Or

- (b) Briefly describe the value of maintaining good posture in daily life. (CO4, K5)

15. (a) Write a short note on Proprioceptive Neuromuscular Facilitation (PNF) techniques.

(CO5, K6)

Or

- (b) Explain the role of recovery exercises in preventing further injuries. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Analyze the importance of posture in athletic performance and its influence on injury prevention.

(CO1, K4)

Or

- (b) Write a detailed note on the causes, symptoms and treatment strategies for flat back and flatfoot.

(CO1, K4)

17. (a) Discuss the classification of massage manipulations, highlighting their techniques and specific uses.

(CO2, K4)

Or

- (b) Explain the indications and contraindications of massage therapy, provide example. (CO2, K4)

18. (a) Discuss the general principles of cue and treatment for exposed and unexposed sports injuries. (CO3, K4)

Or

- (b) Elaborate on the importance of general and specific training in preventing sports injuries and enhancing athletic performance. (CO3, K4)

19. (a) Explain the objective of corrective physical education in detail. (CO4, K5)

Or

- (b) Analyze the value of good posture and its role in preventing musculoskeletal injuries and improving functional efficiency. (CO4, K5)

20. (a) Describe the types of rehabilitation exercises (passive, active, assisted and resisted) and their applications in recovery. (CO5, K6)

Or

- (b) Analyze the role of recovery exercises in reducing injury risk and promoting long-term functional health. (CO5, K6)
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R3007

Sub. Code

811503

M.P.Ed. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Physical Education

**Elective – SPORTS MANAGEMENT AND CURRICULUM
DESIGN IN PHYSICAL EDUCATION**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Curriculum is ————— (CO1, K4)
 - (a) overall activities of an institution
 - (b) objectivity
 - (c) classroom
 - (d) affective

2. Important factor of curriculum is to help to achieve the
————— (CO1, K4)
 - (a) affective
 - (b) classroom
 - (c) objectivity
 - (d) students

3. Extracurricular activities in higher secondary education are mainly focused on ————— (CO1, K4)
- (a) academic achievements
 - (b) physical fitness
 - (c) building social skills and interests
 - (d) culinary arts
4. What is a key benefit of a competitive sports program in schools and colleges? (CO1, K4)
- (a) financial gain
 - (b) character development
 - (c) isolation from teamwork
 - (d) limited physical activity
5. What is the role of a stock registrar? (CO1, K4)
- (a) to reduce inventory
 - (b) to facilitate equipment purchase
 - (c) to maintain accurate stock records
 - (d) all of the above
6. What is a fundamental principle of public relations? (CO1, K4)
- (a) secrecy and limited communication
 - (b) open communication
 - (c) inconsistent messaging
 - (d) avoiding adaptation to changing circumstances

7. The importance of curriculum in the system of education is _____ (CO1, K4)
- (a) construction in a country
 - (b) provision of latest knowledge
 - (c) preparation of students for service
 - (d) none of the above
8. Syllabus is a part of _____ (CO1, K4)
- (a) students
 - (b) school
 - (c) parents
 - (d) curriculum
9. Which of the following is a key component of a recreation curriculum? (CO1, K4)
- (a) standardized testing
 - (b) assessment of physical abilities
 - (c) development of leisure skills
 - (d) memorization of facts
10. Which of the following is a key focus of most kinder garden curriculum? (CO1, K4)
- (a) advanced mathematics
 - (b) play-based learning
 - (c) foreign language instruction
 - (d) computer programming

Part B

(5 × 5 = 25)

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

11. (a) Write the importance of sports management.
(CO1, K4)

Or

- (b) Explain about the personal manager. (CO1, K4)

12. (a) List out the factors influencing program development.
(CO2, K4)

Or

- (b) Write down the definition of competitive sports program.
(CO2, K4)

13. (a) Short note on guidelines for selection and purchase of equipment.
(CO3, K4)

Or

- (b) Write the meaning of public relation. (CO3, K4)

14. (a) List of the process of curriculum development.
(CO4, K5)

Or

- (b) Explain the theory of curriculum development.
(CO4, K5)

15. (a) Write the meaning of sources. (CO5, K6)

Or

- (b) Explain the meaning and definition of curriculum research.
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) What are the factors influencing method in physical education? (CO1, K4)

Or

- (b) Briefly explain the steps in technical preparation of teaching method. (CO1, K4)

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

Or

- (b) What are the methods in physical education? explain any two. (CO2, K4)

18. (a) Difference between general lesson plan and specific lesson plan. (CO3, K4)

Or

- (b) Explain about the indigenous exercise in physical education. (CO3, K4)

19. (a) Briefly explain about the merits and demerits of knock out tournament. (CO4, K5)

Or

- (b) Draw a League fixture for eight teams and explain the procedure. (CO4, K5)

20. (a) Describe the criteria for classification methods of standard sports meet in physical education.
(CO5, K6)

Or

- (b) Explain the aim, purpose and method of organization in sports meet.
(CO5, K6)
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R3008

Sub. Code

811401

M.P.E.d. DEGREE EXAMINATION, APRIL – 2025.

Fourth Semester

Physical Education

**INFORMATION AND COMMUNICATION
TECHNOLOGY (ICT) 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, K4)
 - (a) Information and Communication Technology
 - (b) Internet and Communication Technology
 - (c) Information and Communication Tools
 - (d) Internet and Communication Tools
2. The obstacles that one may face when attempting to effectively communicate with another person is known as _____. (CO1, K4)
 - (a) Communication Process
 - (b) Communication Flow
 - (c) Communication Skills
 - (d) Communication Barriers
3. Which of the following is an input device? (CO2, K4)
 - (a) Speaker (b) Printer
 - (c) Keyboard (d) Monitor

4. Google is a _____. (CO2, K4)
(a) Operating systems (b) Web browsers
(c) Search engines (d) Antivirus software
5. PowerPoint helps students to give experience of _____. (CO3, K4)
(a) Writing essays
(b) Designing websites
(c) Creating presentations
(d) Editing videos
6. MS Access is used to _____. (CO3, K4)
(a) Create and manage databases
(b) Design graphics
(c) Edit videos
(d) Create presentations
7. In _____ learning, students engage in joint intellectual efforts using ICT emphasizing active participation, discussion and knowledge sharing. (CO4, K5)
(a) Competitive (b) Collaborative
(c) Co-operative (d) Individual
8. In integrated ICT, PBL stands for _____. (CO4, K5)
(a) Problem-Based Learning
(b) Project-Based Learning
(c) Practical-Based Learning
(d) Process-Based Learning
9. The _____ is an initiative in India that offers Massive Open Online courses to learners across the country. (CO5, K6)
(a) SWAYAM (b) NPTEL
(c) MOOCS (d) Udemy
10. The _____ element is crucial for effective online education and provides diverse and engaging materials in e-learning. (CO5, K6)
(a) Assessments (b) Forums
(c) Multimedia (d) Textbooks

Part B

(5 × 5 = 25)

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

11. (a) What is communication process? (CO1, K4)

Or

- (b) Write short notes on teaching learning process.
(CO1, K4)

12. (a) Write short notes on computer memory. (CO2, K4)

Or

- (b) What is storage device? List down the storage device used in computer. (CO2, K4)

13. (a) What are the main features of power Point Presentation? (CO3, K4)

Or

- (b) List down and explain the steps to create a table in MS Word. (CO3, K4)

14. (a) What is the significance of ICT in the teaching-learning process? (CO4, K5)

Or

- (b) What is plagiarism checking important in the academic setting? (CO4, K5)

15. (a) Write short notes on web-based learning. (CO5, K6)

Or

- (b) Describe the process of assignment preparation in e-learning. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain classroom communication and its types.
(CO1, K4)

Or

- (b) Explain the concept of research and administration in ICT.
(CO1, K4)

17. (a) Explain the different types of input and output devices.
(CO2, K4)

Or

- (b) Discuss the different types of computer network.
(CO2, K4)

18. (a) Explain the role of Microsoft publisher in creating newsletters and brochures.
(CO3, K4)

Or

- (b) Explain the importance of MS Word in the field of Physical Education.
(CO3, K4)

19. (a) Explain the key difference between cooperative and collaborative learning in ICT.
(CO4, K5)

Or

- (b) Explain the concept of constructivism in education.
(CO4, K5)

20. (a) How Multimedia Resources Improve the E-Learning experience in Physical education.
(CO5, K6)

Or

- (b) Compare and contrast the objectives of MOOCs and SWAYAM – Explain.
(CO5, K6)

R3009

Sub. Code

811402

M.P.Ed. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Physical Education

SPORTS PSYCHOLOGY

(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 considered the “father of sports psychology”?
(CO1, K4)
(a) Sigmund Freud (b) Norman Triplett
(c) Coleman Griffith (d) Jean Piaget
2. What is the primary focus of motor learning? (CO1, K4)
(a) Building physical endurance
(b) Acquiring and refining skills
(c) Enhancing flexibility
(d) Developing muscle strength
3. Intrinsic motivation refers to _____. (CO2, K4)
(a) External, rewards driving performance
(b) Motivation arising from within the individual
(c) Peer pressure to perform
(d) Social recognition of performance

4. State anxiety is best described as _____. (CO2, K4)
- (a) A long-term personality trait
 - (b) A temporary emotional state
 - (c) Aggression caused by stress
 - (d) A type of mental disorder
5. Which leadership style involves making decisions based on team input while maintaining authority? (CO3, K4)
- (a) Autocratic
 - (b) Democratic
 - (c) Laissez-faire
 - (d) Transactional
6. Group cohesion is defined as _____. (CO3, K4)
- (a) The physical ability of a team
 - (b) The social and task-oriented unity among team members
 - (c) The financial incentives provided to the group
 - (d) The number of team members
7. Sports _____ contribute to national integration by _____. (CO4, K5)
- (a) Promoting competition over cooperation
 - (b) Encouraging unity and reducing cultural barriers
 - (c) Focusing solely on individual achievements
 - (d) Discouraging multicultural participation

8. How does sports contribute to national integration?
(CO4, K5)
- (a) By encouraging regional rivalry
 - (b) By promoting cultural unit and pride
 - (c) By creating divisions based on skill level
 - (d) By focusing on individual achievements
9. Which technique focuses on self-suggestions to induce relaxation?
(CO5, K6)
- (a) Autogenic training
 - (b) Meditation
 - (c) Biofeedback
 - (d) Imagery
10. Which mental training method involves visualizing success in a competitive event?
(CO5, K6)
- (a) Relaxation techniques
 - (b) Imagery
 - (c) Progressive muscle relaxation
 - (d) Hypnosis

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on sports psychology. (CO1, K4)

Or

- (b) Describe the history of sports psychology and its evolution over the years. (CO1, K4)

12. (a) What is motivation? List out the types of motivation and explain any one. (CO2, K4)

Or

- (b) Write short notes on competitive anxiety and its effect on sports performance. (CO2, K4)

13. (a) Discuss the importance of goal setting in sports performance. (CO3, K4)

Or

- (b) Write short notes on group dynamics. (CO3, K4)

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

Or

- (b) What is group cohesion? (CO4, K5)

15. (a) Define mental training and discuss its benefits in enhancing sports performance. (CO5, K6)

Or

- (b) Describe psycho-somatic training and its importance in sports. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) What is motor learning? Explain the principles of motor learning. (CO1, K4)

Or

- (b) Discuss about the recent trends in sports psychology. (CO1, K4)

17. (a) Define stress and explain how it impacts athletic performance? (CO2, K4)

Or

- (b) How aggression can have both positive and negative impacts on sports performance? Explain. (CO2, K4)

18. (a) Define leadership in sports and explain how leadership influences sports performance. (CO3, K4)

Or

- (b) Discuss the cognitive processes, including memory and thinking, and their relevance to sports performance. (CO3, K4)

19. (a) Explain how gender inequality affects female athletes and the sports. (CO4, K5)

Or

- (b) Discuss about the national integration of sports. (CO4, K5)

20. (a) Explain the benefits of autogenic training in sports.
(CO5, K6)

Or

- (b) Describe the role of meditation in sports performance.
(CO5, K6)
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R3010

Sub. Code

811403

M.P.Ed. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Physical Education

**EDUCATION TECHNOLOGY IN
PHYSICAL EDUCATION**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Which one of the example of Educational Technology?
(CO1, K4)
(a) Chalkboard (b) Smartboard
(c) Notebook (d) Pen
2. What type of instructional technology uses Virtual Reality?
(CO1, K4)
(a) Traditional teaching
(b) Immersive learning
(c) Printed books
(d) Chalkboard learning
3. Expansion of LMS _____.
(CO2, K4)
(a) Google Docs
(b) LMS (Learning Management System)
(c) Social media apps
(d) Gaming consoles

4. Which of the following is a psychological barrier to communication? (CO2, K4)
- (a) Distance
 - (b) Anxiety
 - (c) Clear speech
 - (d) Good teaching materials
5. Instructional content delivered to learners _____. (CO3, K4)
- (a) Analysis
 - (b) Evaluation
 - (c) Design
 - (d) Implementation
6. Self-learning materials designed for _____. (CO3, K4)
- (a) Group discussions
 - (b) Independent learning
 - (c) Classroom lectures
 - (d) Teacher-cantered learning
7. Which device is used for radio broadcasting? (CO4, K5)
- (a) Microphone
 - (b) Television
 - (c) Radio transmitter
 - (d) Telephone
8. Audio conferencing used on _____. (CO4, K5)
- (a) Television
 - (b) Printer
 - (c) Projector
 - (d) Telephone
9. Which format replaced the Laserdisc? (CO5, K6)
- (a) VHS
 - (b) DVD
 - (c) Blu-ray
 - (d) Floppy disk
10. What is needed to use Google Classroom? (CO5, K6)
- (a) Google account
 - (b) Credit card
 - (c) TV
 - (d) Gaming console

Part B

(5 × 5 = 25)

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

11. (a) What are the uses behavior technology? (CO1, K4)

Or

- (b) Types of media application — Explain. (CO1, K4)

12. (a) Write the meaning of goal settings and example.
(CO2, K4)

Or

- (b) What are the barriers of communication? (CO2, K4)

13. (a) List out the view of instructional design. Explain it .
(CO3, K4)

Or

- (b) What are the self-learning material and their
benefits? (CO3, K4)

14. (a) Define audio recording. (CO4, K5)

Or

- (b) Write the meaning of CCTV and usages. (CO4, K5)

15. (a) What is audio regarding? Explain their importance.
(CO5, K6)

Or

- (b) How to organize teleconferencing? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the need and importance of education technology in physical education. (CO1, K4)

Or

- (b) Differentiate between media application and computer application stage. (CO1, K4)

17. (a) What is the effectiveness of communication in instructional s' stem? (CO2, K4)

Or

- (b) List out the communication modes and explain it. (CO2, K4)

18. (a) Write about the competency-based training. (CO3, K4)

Or

- (b) How to prepare models for self-learning materials? (CO3, K4)

19. (a) Briefly explain about script writing and importance. (CO4, K5)

Or

- (b) Describe about strength and imitation of video recording. (CO4, K5)

20. (a) Discuss about the optical fiber technology and benefits. (CO5, K6)

Or

- (b) How interactive video experience helpful for universities? (CO5, K6)