R2986

Sub. Code
721201

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

Second Semester

Physical Education

YOGA 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. The king of Asana is _____ (CO1, K2)

   (a) Mayurasana (b) Salabasana

   (c) Sirasana (d) Dhyanam

2. The sanskrit term yuj means _____ (CO1, K2)

   (a) unit (b) Join

   (c) Both (d) none of the above

3. Kumbaka means _____ (CO2, K2)

   (a) Inhalation (b) Exhalation

   (c) Retention (d) Both (a) and (b)

4. How many steps in Ashtanga yoga? (CO2, K4)

   (a) 5 (b) 9

   (c) 8 (d) 7

5. Which Mudra destroys all diseases of the rectum and prevents premature death? (CO3, K4)

(a) Shambhavi Mudra

(b) Ashvini Mudra

(c) Akasha Chari Mudra

(d) Brahmi Mudra

6. Which of the following Kriya increases the digestive fire? (CO3, K4)

(a) Dhouti (b) Nauli

(c) Neti (d) Basti

7. Trataka is useful in curing ailments of the _____ (CO4, K5)

(a) Stomach (b) Eye

(c) Heart (d) Tongue

8. Neti practice will purify the _____ passage. (CO4, K5)

(a) Nasal (b) Intestine

(c) Ear (d) Tongue

9. _____ is a Hatha yoga cleansing technique that targets the lower abdomen, especially the colon and lower intestines. (CO5, K6)

(a) Nauli (b) Basti

(c) Dhauthi (d) Neti

10. Which one is called as meditative asana of the following? (CO5, K6)

(a) Trikonasana (b) Dhanurasana

(c) Vajrasana (d) Chakrasana

Part B (5 × 5 = 25)

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

11. (a) Mention the aim and objectives of yoga. (CO1, K2)

Or

(b) Illustrate the scope of yoga. (CO1, K2)

12. (a) Explain about the Gnana Yoga. (CO2, K4)

(Or)

(b) Write the meaning of Prathiyahara. (CO2, K4)

13. (a) Mention the benefits of asanas on various system of the body. (CO3, K4)

Or

(b) What is Kriyas and list out the types of Kriyas? (CO3, K4)

14. (a) List down the yoga education centers in India and abroad. (CO4, K5)

Or

(b) Explain the action research in yoga. (CO4, K5)

15. (a) How sathvic diet benefit in yogic practices? (CO5, K6)

Or

(b) Write shorts notes on the following : (CO5, K6)

(i) Yoga Therapy

(ii) Yogic Diet

Part C (5 × 8 = 40)

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

16. (a) Write the Need and Importance of yoga in Physical Education and Sports. (CO1, K2)

Or

(b) Define Yoga and Explain its Philosophical Foundations. (CO1, K2)

17. (a) List down the name of eight limbs of yoga and explain. (CO2, K4)

Or

(b) Explain the Importance of Meditation in Yoga and its Impact on Concentration and Self Awareness. (CO2, K4)

18. (a) What is pranayama? Explain the various types of pranayama. (CO3, K4)

Or

(b) Define Asanas and Explain in detail the Classification of Asanas. (CO3, K4)

19. (a) Explain the Difference Between Physical Exercise and Yogic Exercise. (CO4, K5)

Or

(b) Describe the importance of Applied and Basic Research in the field of Yoga. (CO4, K5)

20. (a) Describe the Physical and Mental benefits of Yoga. (CO5, K6)

Or

(b) Write the methods and benefits of niyama and yama. (CO5, K6)

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R2987	Sub. Code
	721202

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

Second Semester

Physical Education

EDUCATION TECHNOLOGY AND METHOD OF TEACHING 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 word 'technology' was derived from _____ word. (CO1, K2)

   (a) Latin (b) Swedish

   (c) Greek (d) Italy

2. Pick out the component of educative process _____ (CO1, K2)

   (a) Teacher (b) Learner

   (c) Curriculum (d) Feedback

3. The most effective way to teach an occupational skill is to _____ (CO2, K4)

   (a) Command method

   (b) Demonstration method

   (c) Discussion method

   (d) Lecture method

4. Presentation technique may be studied under _____ heads. (CO2, K4)

(a) Personal preparation
(b) Technical preparation
(c) Planning and presentation
(d) Personal and technique presentation

5. Visual aids are use the sense of _____ following. (CO3, K4)

(a) Hearing (b) Vision
(c) Listening (d) Lecturing

6. An object used to enhance or enliven classroom instruction is called _____ (CO3, K4)

(a) Teaching technique
(b) Audio visual
(c) Teaching aid
(d) Teaching method

7. A _____ is teacher guide to teach the subject matter. (CO4, K5)

(a) Guide (b) Book
(c) Library (d) Lesson plan

8. Micro teaching is a teacher training technique for learning _____ skills. (CO4, K5)

(a) Fundamental (b) Teaching
(c) Technique (d) Knowledge

9. _____ provides an opportunity for students to observe and analysis them self. (CO5, K6)

(a) Teaching cues
(b) Movement analysis
(c) Movement education
(d) Teaching fundamental

10. Movement education uses _____ methods with the effects of individualizing leaning in physical education. (CO5, K6)

(a) Solving (b) Problem solving

(c) Created (d) Problem created

Part B (5 × 5 = 25)

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

11. (a) Write the meaning of Education technology. (CO1, K4)

Or

(b) Discuss about the types of education. (CO1, K4)

12. (a) Write short notes on technical preparation.(CO2, K4)

Or

(b) What is command? Mention its types and uses. (CO2, K4)

13. (a) Mention any three teaching aids in physical education and explain anyone. (CO3, K4)

Or

(b) Write meaning of advantages in team teaching. (CO3, K4)

14. (a) Explain about Micro teaching plan. (CO4, K5)

Or

(b) What is simulation teaching? Give the example. (CO4, K5)

15. (a) Write down the meaning of movement education. (CO5, K6)

Or

(b) What are the fundamental movement skills in teaching? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Write the importance of teaching devices and explain various methods of teaching in Physical Education. (CO1, K4)

Or

(b) Briefly Explain the informal education.

17. (a) Explain about teaching aids with suitable examples. (CO2, K4)

Or

(b) Mention the teaching procedures and explain any two. (CO2, K4)

18. (a) Different between teaching methods and teaching aids. (CO3, K4)

Or

(b) Write short notes on following. (CO3, K4)

(i) Audio aids

(ii) Visual aids

19. (a) What is indigenous activity? Explain. (CO4, K5)

Or

(b) Prepare a specific lesson plan in your game of specialization. (CO4, K5)

20. (a) Explain the structure of movement education. (CO5, K6)

Or

(b) What is the meaning of body awareness? And explain the factors affecting body movement. (CO5, K6)

R2988	Sub. Code
	721203

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

Second Semester

Physical Education

HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

(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. How many dimensions of health education? (CO1, K2)
   (a) 4 Elements (b) 5 Elements
   (c) 6 Elements (d) 3 Elements

2. What is the spectrum of health education? (CO1, K2)
   (a) A range of activities from prevention to treatment
   (b) A set of health education theories
   (c) A framework for health education planning
   (d) A health education curriculum

3. Which of the following non- communicable disease? (CO2, K4)
   (a) Tuberculosis (b) Chicken pox
   (c) Measles (d) Cancer

4. ———————— is an example of a environmental impact of poor sanitation and hygiene practices. (CO2, K4)
   (a) Climate change (b) Soil pollution
   (c) Water pollution (d) All of the above

5. The world water day celebrated on ————————. (CO3, K4)

(a) March 22 (b) March 24

(c) April 24 (d) April 22

6. Which type of plastic is most commonly recycled? (CO3, K4)

(a) PET (Polyethylene Terephthalate)

(b) HDPE (High-Density Polyethylene)

(c) PVC (Polyvinyl Chloride)

(d) LDPE (Low-Density Polyethylene)

7. How many percentages of the Earth's surface is covered by land? (CO4, K5)

(a) Approximately 25 %

(b) Around 50%

(c) Roughly 70%

(d) Nearly 90%

8. ———————— following is a major source of thermal pollution. (CO4, K5)

(a) Industrial processes

(b) Agricultural runoff

(c) Domestic sewage

(d) Nuclear power plants

9. Which healthcare professional specializes in diagnosing and treating skin conditions, including acne, eczema, and skin cancer? (CO5, K6)

(a) Dermatologist (b) Podiatrist

(c) Endocrinologist (d) Gynecologist

10. What is the key principle of environmental hygiene? (CO5, K6)

(a) Reduce, Reuse, recycle

(b) Conserve, Preserve, Protect

(c) Prevent, Protect, preserve

(d) Reduce, Reuse, Restore

Part B (5 × 5 = 25)

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

11. (a) Define health education and its explain. (CO1, K2)

Or

(b) List down the importance of school health services. (CO1, K2)

12. (a) Explain about the communicable disease problems. (CO2, K4)

Or

(b) Explain the environmental sanitation. (CO2, K4)

13. (a) How can plastic bags be reused and reduced and its explain. (CO3, K4)

Or

(b) Enumerate the plastic recycling and probation of plastic bag or cover. (CO3, K4)

14. (a) How do food resources affect the environment? (CO4, K5)

Or

(b) Evaluate the role of pollution control board. (CO4, K5)

15. (a) How do you maintain health records in schools? (CO5, K6)

Or

(b) What are the benefits of nutrition services? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the aim and objective of health education. (CO1, K2)

Or

(b) What are the health problems are affected in school students? and its explain. (CO1, K2)

17. (a) Briefly explain the environmental sanitation problems. (CO2, K4)

Or

(b) Classify the promotion of health in physical activities in India. (CO2, K4)

18. (a) What is the role of education in environmental conversation and sustainable development? (CO3, K4)

Or

(b) Which days are celebrated related to environment? And explain any two celebrated days in relations with environment. (CO3, K4)

19. (a) How can the pollution control board help in reducing pollution? (CO4, K5)

Or

(b) Briefly explain about the soil pollution and its effects. (CO4, K5)

20. (a) What is the role of school in environmental conservation and sustainable development? (CO5, K6)

Or

(b) What are the guidelines for care of skin and nail in healthcare settings? (CO5, K6)

R2989	Sub. Code
	721503

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

Second Semester

Physical Education

Elective : CONTEMPORARY ISSUES 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 control the body position, while stationary or moving is (CO1, K2)

   (a) Coordination (b) Power
   (c) Accuracy (d) Balance

2. Which test is conducted to assess muscle strength? (CO1, K2)

   (a) Cooper run (b) Harvard step test
   (c) Push up test (d) Zigzag test

3. A long term effect of cardiovascular training would be ————————. (CO2, K4)

   (a) Increasing blood pooling
   (b) Increasing resting heart rate
   (c) Decreased mitochondria
   (d) Decreased blood pressure

4. How hard the exercise is ————————. (CO2, K4)

   (a) Intensity (b) Overload
   (c) Difficulty (d) Type

5. What are the main sources of protein are ————————. (CO3, K4)

(a) Fish, meat and eggs
(b) Green vegetables
(c) Wheat and rice
(d) Sunlight and water

6. During exercise, what is the primary source of energy for athletes? (CO3, K4)

(a) Fats (b) Protein
(c) Carbohydrates (d) Water

7. Which of the following is not a factor that influences weight management? (CO4, K5)

(a) Genetics (b) Blood type
(c) Sleep patterns (d) Exercise habits

8. What is the recommended daily calorie intake for an average adult? (CO4, K5)

(a) 1,000-1200 calories
(b) 1,500-2,000 calories
(c) 2,500-3,000 calories
(d) 4,000-5,000 calories

9. What is the first thing to do before you start any physical or dance activity? (CO5, K6)

(a) Do a warm-up exercise
(b) Proceed even if you feel pain
(c) Wear uncomfortable clothes
(d) Start dancing without the instruction of the teacher

10. What does it mean to monitor student progress in PE class? (CO5, K6)

(a) To be aware of students' safety
(b) To report back to families about student behaviour
(c) To see which areas your students are improving in
(d) To attend to students' emotional needs

Part B (5 × 5 = 25)

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

11. (a) Write short note on importance and scope of fitness and wellness. (CO1, K2)

Or

(b) What are the health benefits of fitness and wellness for physical activities? (CO1, K2)

12. (a) Simplify the principles of training session. (CO2, K4)

Or

(b) Classify the training programme for different age group and any one explain them. (CO2, K4)

13. (a) What are the role of sports nutrition in the field of physical education? (CO3, K4)

Or

(b) Justify the dehydration and water balance. (CO3, K4)

14. (a) Simplify the concept of weight management. (CO4, K5)

Or

(b) Write short notes on BMI and how to calculate. (CO4, K5)

15. (a) Write short note on contemporary issue in the field of physical education. (CO5, K6)

Or

(b) Justify the meaning and definition of safety education in the field of physical education. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) What are the aim and objectives of physical fitness and wellness? Explain skill related fitness. (CO1, K2)

Or

(b) Discuss about various physical fitness and wellness components. (CO1, K2)

17. (a) Differentiate between aerobic and anaerobic exercises. Also discuss the concept of use of free weight Vs Machine. (CO2, K4)

Or

(b) Briefly explain the various aerobic exercises training programme for your own specialization. (CO2, K4)

18. (a) What are the components of sports nutrition and explain it. (CO3, K4)

Or

(b) Explain role of calories help athletes in sports performance. Give your own example. (CO4, K5)

19. (a) Explain the obesity, causes and solutions of overcoming obesity. (CO4, K5)

Or

(b) Briefly explain about dieting versus exercise for weight control. (CO5, K6)

20. (a) Explain about importance of safety education for field of physical education. (CO5, K6)

Or

(b) Evaluate about transition from traditional from modern approaches teaching for field of physical education. (CO5, K2)

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R2990	Sub. Code
	721401

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

Fourth Semester

Physical Education

MEASUREMENTS AND EVALUATION 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. A test is a ———— tool of measurement. (CO1, K2)

   (a) Specific (b) Secondary

   (c) Accurate (d) Primary

2. The process of obtaining numerical value is ————. (CO1, K2)

   (a) Evaluation (b) Measurement

   (c) Assessment (d) Test

3. Criteria of tests depends on ————. (CO2, K4)

   (a) Validity (b) Reliability

   (c) Objectivity (d) Norms

4. The test help to the teachers to access the student ————. (CO2, K4)

   (a) Performance (b) Reliability

   (c) Objectivity (d) Behaviors

5. Physical fitness components are ————————. (CO3, K4)

(a) three (b) four

(c) five (d) six

6. AAHPERD youth physical fitness test is for measuring ————————. (CO3, K4)

(a) General motor ability

(b) Motor fitness

(c) Motor educability

(d) Bio motor ability

7. The standard wall measurement for the Miller Wall Volley Test is ————————. (CO4, K5)

(a) 8 feet high and 10 feet wide

(b) 10 feet high and 15 feet wide

(c) 15 feet high and 10 feet wide

(d) 10 feet high and 8 feet wide

8. The duration of Russel-Lange volley test is ————————. (CO4, K5)

(a) 30 sec (b) 15 sec

(c) 45 sec (d) 60 sec

9. Range of motion (ROM) is measured using a ————————. (CO5, K6)

(a) Flexometer (b) Goniometer

(c) Dynamometer (d) Skin fold caliper

10. Stadiometer is used to measure by ————————. (CO5, K6)

(a) Body weight (b) Flexibility

(c) Height (d) BMI

Part B (5 × 5 = 25)

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

11. (a) Mention the definition and meaning of test and evaluation. (CO1, K2)

Or

(b) Write the meaning of measurement in Physical Education. (CO1, K2)

12. (a) What are the principles of administering the test? (CO2, K4)

Or

(b) Mention the classification of Test. (CO2, K4)

13. (a) Write the procedure of Indiana motor fitness Test. (CO3, K4)

Or

(b) What are the advantages of Hardward step test? (CO3, K4)

14. (a) Write the procedure of French short serves Test. (CO4, K5)

Or

(b) Miller Wally test – mention the procedure. (CO4, K5)

15. (a) How can you measure the schoolchildren flexibility? (CO5, K6)

Or

(b) What are the procedure to be followed in measuring Height and Weight? (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Write down the need and importance of measurement and evaluation. (CO1, K2)

Or

(b) List out the principals of Evaluation. (CO1, K2)

17. (a) Describe about the criteria for test selection. (CO2, K4)

Or

(b) Explain the duties of a tester during and after testing a test. (CO2, K4)

18. (a) Explain the procedure of test administration of AAPAERD Youth Fitness Test. (CO3, K4)

Or

(b) Explain the procedure of MCS Movement Competency Screen test. (CO3, K4)

19. (a) Write the procedure of Johonson Basketball test. (CO4, K5)

Or

(b) Describe the procedure of Mc Donald Soccer test. (CO4, K5)

20. (a) Explain the methods of evaluating posture. (CO5, K6)

Or

(b) Explain the Range of motion with example. (CO5, K6)

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R2991

Sub. Code
721402

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

Fourth Semester

Physical Education

KINESIOLOGY AND BIOMECHANICS

(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. What is the primary focus of kinesiology? (CO1, K2)
   (a) Joint health
   (b) Human motion
   (c) Muscle contraction
   (d) Sports psychology

2. Which movement decreases the angle between two body parts? (CO1, K2)
   (a) Extension (b) Flexion
   (c) Abduction (d) Circumduction

3. How are joints classified? (CO2, K4)
   (a) By size and function
   (b) By mobility only
   (c) By structure and function
   (d) By composition only

4. Which muscle contraction occurs without changing muscle length? (CO2, K4)
   (a) Isotonic (b) Concentric
   (c) Isometric (d) Eccentric

5. What is a force? (CO3, K4)

(a) A push or pull acting on an object

(b) An entity that resists motion

(c) A property of inertia

(d) A change in mass

6. Newton's Second Law of Motion states ————————. (CO3, K4)

(a) An object at rest stays at rest unless acted on by a force

(b) Every action has an equal and opposite reaction

(c) Force equals mass times acceleration

(d) Motion depends on speed and velocity

7. Which of the following affects stability? (CO4, K5)

(a) Momentum (b) Line of pull

(c) Angular velocity (d) Centre of gravity

8. Friction is an example of ————————. (CO4, K5)

(a) Angular kinetics (b) Linear kinetics

(c) Circular motion (d) Projectile motion

9. Basic mechanical analysis of track techniques primarily focuses on ————————. (CO5, K6)

(a) Force application and motion efficiency

(b) Joint movements and flexibility

(c) Respiratory efficiency

(d) Bone density and strength

10. Which principle applies to throwing a javelin? (CO5, K6)

(a) Stability and friction

(b) Leverage and projectile motion

(c) Angular motion and inertia

(d) Balance and flexibility

Part B (5 × 5 = 25)

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

11. (a) Explain the importance of good posture in daily life and sports. (CO1, K2)

Or

(b) What is the role of the center of gravity in maintaining equilibrium? (CO1, K2)

12. (a) Classify joints based on their structure and give one example of each type. (CO2, K4)

Or

(b) Define reciprocal innervation and its role in movement. (CO2, K4)

13. (a) Explain the concept of equilibrium and its types. (CO3, K4)

Or

(b) Define force and describe its applications in sports activities. (CO3, K4)

14. (a) Differentiate between speed and velocity with examples. (CO4, K5)

Or

(b) What is friction, and how does it influence sports performance? (CO4, K5)

15. (a) How does the center of gravity affect stability in athletic performance? (CO5, K6)

Or

(b) Describe the role of mechanical principles in throwing sports. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the needs of kinesiology and biomechanics in physical education. (CO1, K2)

Or

(b) Discuss the different types of joint movements with suitable examples. (CO1, K2)

17. (a) Discuss the types of muscle contractions with examples from sports activities. (CO2, K4)

Or

(b) Explain the concept of posture, its types, and its significance in athletic performance. (CO2, K4)

18. (a) Explain Newton's Laws of Motion and their applications in sports with examples. (CO3, K4)

Or

(b) Describe the concept of levers and their importance in human movements. (CO3, K4)

19. (a) Define linear and angular kinetics and explain their importance in human motion. (CO4, K5)

Or

(b) Discuss the differences between linear and angular kinematics with examples. (CO4, K5)

20. (a) Explain the mechanical principles involved in jumping and running techniques. (CO5, K6)

Or

(b) How can biomechanical analysis improve the techniques used in team games? (CO5, K6)

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R2992

Sub. Code
721403

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

Fourth Semester

Physical Education

RESEARCH AND STATISTICS 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. Research is the process of finding answer to the questions through ————————. (CO1, K2)

   (a) Observing (b) Recording

   (c) Organizing (d) All the above

2. Basic point to be kept in mind while locating a problem for research is ————————. (CO1, K2)

   (a) Interest of the scholar

   (b) Feasibility

   (c) Training and qualification of the scholar

   (d) All the above

3. Formula for median from un grouped data is ————————. (CO2, K4)

(a) $Mdn = N + 1/2$ *score*

(b) $Mdn = N - 1/2$

(c) $Mdn = N + 1/4$

(d) $Mdn = N(n+1)/2$

4. Initial step in historical research is ————————. (CO2, K4)

(a) Selection of the problem

(b) Formulation of hypothesis

(c) Collection of data

(d) Criticism of source materials

5. Which of the following is an example of instrument reliability? (CO3, K4)

(a) Repeated testing gives the same results

(b) Testing over a long period of time

(c) Interviewee satisfaction with the survey

(d) Data collection methods

6. What is the main goal of an objective research tool? (CO3, K4)

(a) To gather personal opinions

(b) To ensure unbiased measurement

(c) To interpret data freely

(d) To entertain participants

7. Frequency polygon is also called as the ————————. (CO4, K5)

(a) Speed image

(b) Image figure

(c) Many angled figure

(d) Column diagrame

8. Which is not a measure of central tendency? (CO4, K5)

(a) Mean (b) Median

(c) Mode (d) Standard deviation

9. Which statistical term measures the dispersion or spread of data in a dataset? (CO5, K6)

(a) Variability (b) Probability

(c) Quartile (d) Mean

10. Which of the following measures the spread of data using the simplest method? (CO5, K6)

(a) Standard deviation

(b) Range

(c) Mean deviation

(d) Variance

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

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

11. (a) Mention the meaning and definition of research. (CO1, K2)

Or

(b) What is Research Hypothesis? List down the various types of hypotheses. (CO1, K2)

12. (a) Express the definition and meaning of philosophical research. (CO2, K4)

Or

(b) What is research design and write the important research design? (CO2, K4)

13. (a) Give the meaning of reliability and explain the instrument of reliability. (CO3, K4)

Or

(b) Simplify the need and importance of testers competency. (CO3, K4)

14. (a) Compute the mode for the given scores : (CO4, K5)

65, 88, 74, 70, 80, 77, 59, 85, 96, 90.

Or

(b) Evaluate the merits and demerits of central tendency. (CO4, K5)

15. (a) Write short notes on various advantages of grouped and ungrouped data. (CO5, K6)

Or

(b) Find out the Quartiles for the given data: (CO5, K6)

Part C (5 × 8 = 40)

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

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

Or

(b) Explain the type of hypotheses and its importance of hypotheses with examples. (CO1, K2)

17. (a) Explain the need and importance of experimental research. (CO2, K4)

Or

(b) What is sample and population? Explain any three methods of probability sampling. (CO2, K4)

18. (a) Explain the procedure to construct a questionnaire for sports motivation and achievement. (CO3, K4)

Or

(b) Explain the concept of validity in research. (CO3, K4)

19. (a) Explain the need and importance of statistics in the field of physical education. (CO4, K5)

Or

(b) Find out mean for the given grouped data. (CO4, K5)

SI	10-20	20-30	30-40	40-50	50-60	60-70	70-80	80-90	90-100
f	3	4	5	6	7	8	11	14	15

20. (a) Explain the importance of Percentile and quartiles. (CO5, K6)

Or

(b) Find the Standard Deviation for the given data. (CO5, K6)

SI	170-179	160-169	150-159	140-149	130-139
f	2	5	8	10	12
SI	120-129	110-119	100-109	90-99	80-89
f	15	11	9	6	3

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R2993	Sub. Code
	721507

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

Fourth Semester

Physical Education

Elective : THEORIES OF OFFICIATING AND COACHING IN SPORTS AND GAMES

(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 the primary role of officiating in sports?(CO1, K2)
   (a) Coaching players
   (b) Enforcing rules and ensuring fair play
   (c) Designing training programs
   (d) Analysing game statistics

2. The functions which are performed by an official during a game is called as (CO1, K2)
   (a) Coaching (b) Observing
   (c) Officiating (d) Teaching

3. Ensuring "proper warm up protocols" is a part of which phase of coaching duties? (CO2, K4)
   (a) General duties
   (b) Pre-game duties
   (c) During game duties
   (d) Post-game duties

4. The set of guiding principles and values of coaching is known as ————————. (CO2, K4)

(a) Coaching methodology

(b) Coaching strategy

(c) Coaching philosophy

(d) Coaching technique

5. What colour cards are used in game time by football officials? (CO3, K4)

(a) Yellow-Red (b) Yellow-Blue

(c) Green-Red (d) Green-Blue

6. Who controls the actual play of a competition? (CO3, K4)

(a) Coach (b) Player

(c) Official (d) Spectator

7. Qualification of a coach is ————————. (CO4, K5)

(a) B.P.Ed (b) M.P.Ed

(c) D.P.Ed (d) Diploma in NIS

8. DA stands for ————————. (CO4, K5)

(a) Daily activity (b) Distance allowance

(c) Daily allowance (d) Development assistance

9. The length of a cricket pitch is ————————. (CO5, K6)

(a) 18.00 meters (b) 22.00 meters

(c) 22.50 meters (d) 20.12 meters

10. The height of the net in tennis is ————————. (CO5, K6)

(a) 1.07 meters (b) 1.10 meters

(c) 1.15 meters (d) 1.20 meters

Part B (5 × 5 = 25)

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

11. (a) Write short notes on concept of coaching. (CO1, K2)

Or

(b) Mention the importance of officiating in sports. (CO1, K2)

12. (a) Discuss about the general duties of coach during the game. (CO2, K4)

Or

(b) What are the responsibilities of a coach? (CO2, K4)

13. (a) Describe the general duties of official in sports. (CO3, K4)

Or

(b) Write short notes on philosophy of officiating. (CO3, K4)

14. (a) Write short notes on the values in sports. (CO4, K5)

Or

(b) Write short notes on role of a team manager. (CO4, K5)

15. (a) Discuss the history and development of basketball. (CO5, K6)

Or

(b) Draw a neat diagram of kabaddi court in specification. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the primary responsibilities of an official in a sports and games. (CO1, K2)

Or

(b) Describe about the relation of official and coach with management. (CO1, K2)

17. (a) Explain the duties of coach in pre and post-game. (CO2, K4)

Or

(b) Briefly explain the meaning and philosophy of coaching. (CO2, K4)

18. (a) Explain system of officiating in your game of specialization. (CO3, K4)

Or

(b) Explain ethics of officiating. (CO3, K4)

19. (a) Discuss the essential qualities and qualifications of a coach. (CO4, K5)

Or

(b) Eligibility rules of inter university tournaments for athlete and player. (CO4, K5)

20. (a) Draw a neat diagram of volleyball court with all the measurements. (CO5, K6)

Or

(b) Explain the standard equipment used in basketball along with the specifications. (CO5, K6)

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