

R 2966

Sub. Code

720203

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Physical Education

ANATOMY AND PHYSIOLOGY

(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 study of the tissues is ————— (CO1, K1)
(a) Anatomy (b) Physiology
(c) Histology (d) Myology
2. The Sesamoid bone is found in the ————— (CO1, K1)
(a) Limbs (b) Vertebrae
(c) Skull (d) Knee
3. Involuntary Muscle is present in ————— (CO2, K2)
(a) Heart (b) Lungs
(c) Stomach (d) Limbs
4. How many chambers are there in heart. (CO2, K2)
(a) 4 (b) 5
(c) 3 (d) 2

5. The Blood contains a fluid called _____ (CO3, K3)
- (a) Plasma (b) Capsule
- (c) Sternum (d) Leucocytes
6. The part of the kidney which is reddish-brown in colour is _____ (CO3, K1)
- (a) Inner Medulla (b) Aorta
- (c) Outer Cortex (d) Renal artery
7. The Pituitary glands is located in _____ (CO4, K3)
- (a) Ovaries (b) Kidney
- (c) Brain (d) Neck
8. The Adrenal gland is situated on the top of _____ (CO4, K4)
- (a) Overies (b) Kidney
- (c) Brain (d) Neck
9. The Outer layer of the Skin is called _____ (CO5, K4)
- (a) Dermis (b) Epidermis
- (c) Sebum (d) Capillary
10. The eye muscle which moves upwards is _____ (CO5, K5)
- (a) Superior rectus (b) Inferior rectus
- (c) Medial rectus (d) Lateral Oblique

Part B

(5 × 5 = 25)

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

11. (a) Write about the skeletal muscle. (CO1, K1)

Or

- (b) Brief the need of anatomy and physiology in physical Education. (CO1, K1)

12. (a) Write a short note on Vertebral Column (CO2, K2)

Or

- (b) Briefly explain the cardiac output. (CO2, K2)

13. (a) Briefly explain the structure of small Intestine. (CO3, K3)

Or

- (b) Explain the Pancreas. (CO3, K3)

14. (a) Write down the short notes on Tidal Volume, Inspiratory Reserve Volume, Expiratory Reserve Volume, Vital Capacity and Residual Volume. (CO4, K4)

Or

- (b) Brief about the oesophagus and function (CO4, K4)

15. (a) Illustrate the pituitary glands. (CO5, K5)

Or

- (b) Short term on Adrenal glands. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Describe the Scope of anatomy and physiology in physical education. (CO1, K1)

Or

- (b) Discuss the structure and functions of the muscular system with a neat diagram. (CO1, K1)

17. (a) Designate the functions of bones. (CO2, K2)

Or

- (b) Explain the general features of various bones. (CO2, K2)

18. (a) Explain the functions of Nervous System. (CO3, K3)

Or

- (b) Illustrate liver. (CO3, K3)

19. (a) Illustrate structure and function of Lungs and draw it. (CO4, K4)

Or

- (b) Explain the circulatory system. (CO4, K4)

20. (a) Examine the structure of heart. (CO5, K5)

Or

- (b) List out the endocrine glands. Explain any three glands. (CO5, K5)

R2967

Sub. Code

720204

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Physical Education

**THEORIES OF SPORTS AND GAMES — I
(BADMINTON, BASKETBALL, CRICKET, FENCING,
FOOTBALL, KABADDI, KHO-KHO AND BEACH
VOLLEYBALL)**

(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 father of basketball is (CO1, K2)
 - (a) William G. Morgan
 - (b) James A. Naismith
 - (c) David Richardson
 - (d) Basker Grondona
2. Soccer is the other name of (CO2, K3)
 - (a) Badminton
 - (b) Basketball
 - (c) Football
 - (d) Hockey
3. The length of the 7 meter line in handball court is (CO1, K2)
 - (a) 1 m
 - (b) 1.25 m
 - (c) 1.50 m
 - (d) 1.75 m

4. The surface of international hockey field is (CO1, K2)
(a) Mud (b) Sand
(c) Astro Turf (d) Clay
5. What is the term used to describe a failed attempt in power lifting? (CO2, K3)
(a) Red light (b) Miss
(c) Foul (d) No lift
6. The specialized defensive player of volleyball is known as (CO1, K1)
(a) Server (b) Libero
(c) Attacker (d) Caption
7. Bounce pass was used in the game (CO3, K4)
(a) Hockey and Football
(b) Football and Basketball
(c) Handball and Hockey
(d) Basketball and Handball
8. Lifting the hockey ball into the air is called (CO2, K3)
(a) Scoping (b) Hitting
(c) Receiving (d) Dodging
9. Number of line umpires in football match is (CO1, K1)
(a) One (b) Two
(c) Three (d) Four
10. The duration of volleyball timeout is (CO1, K1)
(a) 30 sec (b) 50 sec
(c) 60 sec (d) 90 sec

Part B

(5 × 5 = 25)

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

11. (a) Write the history of football in India. (CO1, K1)

Or

- (b) Describe the origin of basketball. (CO1, K1)

12. (a) Draw a neat diagram of volleyball court with specification. (CO2, K5)

Or

- (b) Draw a neat diagram of hockey stick and ball with specification. (CO2, K5)

13. (a) Construct the rules and regulations of power lifting. (CO3, K3)

Or

- (b) Explain the tie breaking rules of handball. (CO3, K3)

14. (a) List out the fundamental skills of handball. (CO3, K4)

Or

- (b) Classify the types of kick in football. (CO3, K4)

15. (a) List down the officials and their duties in football. (CO5, K4)

Or

- (b) Write down the mechanism of basketball officiating. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the history and development of hockey at national and international level. (CO1, K1)

Or

- (b) Illustrate the history and development of weight lifting at national and international level. (CO1, K1)

17. (a) Draw a neat diagram of basketball court with suitable measurements. (CO4, K5)

Or

- (b) Draw a neat diagram of football field with specification. (CO4, K5)

18. (a) Discover the rules and regulations of handball. (CO2, K3)

Or

- (b) Identify the rules and regulations of hockey. (CO2, K3)

19. (a) Explain the types of service in volleyball. (CO3, K4)

Or

- (b) Classify the fundamental skills of basketball. (CO3, K4)

20. (a) Examine the mechanism of officiating and officiating signals in hockey. (CO3, K4)

Or

- (b) Draw the officiating signals in handball. (CO3, K4)

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Sub. Code

7202E1

B.Sc. DEGREE EXAMINATION, APRIL – 2025.

Second Semester

Physical Education

Elective : SPORTS NUTRITION

(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 Science that deals with food and nourishment is (CO1, K1)
(a) Minerals (b) Nutrition
(c) Molecules (d) Balance Diet
2. The nutrition includes (CO1, K2)
(a) Food intake (b) Absorption
(c) Assimilation (d) All the above
3. One gram Carbohydrate gives (CO1, K2)
(a) 1.2 Calories (b) 3.2 Calories
(c) 4.2 Calories (d) 9.2 Calories
4. The term lipid is the another name of (CO2, K3)
(a) Fat (b) Proteins
(c) Minerals (d) Water

5. The sunlight is the sources of (CO2, K3)
(a) Vitamin A (b) Vitamin B
(c) Vitamin C (d) Vitamin D
6. The minerals required for good bones and teeth is (CO3, K4)
(a) Calcium
(b) Potassium
(c) Magnesium
(d) Sodium
7. Blood doping is practice of boosting the (CO3, K4)
(a) Diet (b) Fat
(c) Blood cells (d) Blood purification
8. Ergogenic aids helps to (CO2, K3)
(a) Running
(b) Enhance performance
(c) Injury
(d) Decrease performance
9. Post-game meal is (CO1, K2)
(a) What you eat before an event
(b) What you eat after an event
(c) What you eat during event
(d) What you eat in competition area
10. An imbalance between dietary intake and requirements is (CO1, K2)
(a) Nutrition (b) Diet
(c) Balanced diet (d) Malnutrition

Part B**(5 × 5 = 25)**

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

11. (a) Define the term diet and sports nutrition. (CO1, K1)

Or

- (b) Draw the food guide pyramid. (CO1, K1)

12. (a) Explain the carbo-loading. (CO2, K3)

Or

- (b) Identify the functions of proteins. (CO2, K3)

13. (a) Identify the types of Vitamins. (CO2, K3)

Or

- (b) Identify the causes for Heat stroke. (CO2, K3)

14. (a) Classify the types of ergogenic acids. (CO4, K4)

Or

- (b) Prepare a dietary supplements for weight loss.
(CO4, K4)

15. (a) Analyze the role of sports drinks for performance.
(CO5, K4)

Or

- (b) Examine the balanced diet. (CO5, K4)

Part C**(5 × 8 = 40)**

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

16. (a) Describe the basic nutrients recommendations for various sports. (CO1, K1)

Or

- (b) List out the need and importance of sports nutrition.
(CO1, K1)

17. (a) Illustrate the sources of fat and fat metabolism.
(CO2, K2)

Or

- (b) Define the term carbohydrates and sources of food items.
(CO2, K2)

18. (a) Identify the functions of various vitamins and its food sources.
(CO3, K3)

Or

- (b) Discover the fluid needs during physical activity.
(CO3, K3)

19. (a) Analyze the ergogenic aids used for endurance athletes.
(CO4, K4)

Or

- (b) Examine the disordered eating Amenorrhea and Osteoporisits.
(CO4, K4)

20. (a) Interpret the diet before, during and after competitions.
(CO5, K4)

Or

- (b) Examine the using of proteins and amino acids for building muscles.
(CO5, K4)

R2969

Sub. Code

720403

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Physical Education

PHYSIOLOGY OF EXERCISE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. The colour of fast twitch muscle fiber is (CO2, K3)
(a) red (b) white
(c) yellow (d) brown
2. Which one is not a type of muscle (CO2, K3)
(a) hot muscle (b) cardiac muscle
(c) smooth muscle (d) skeletal muscle
3. The study of the acute responses and chronic adaptations to a wide range of physical exercise is (CO1, K1)
(a) psychology (b) sports medicine
(c) anatomy (d) exercise physiology
4. Sliding filament is related to (CO1, K2)
(a) muscles (b) heart
(c) lungs (d) diet

5. The respiratory rate of normal person is (CO1, K2)
(a) 5-8 times (b) 13-18 times
(c) 72 times (d) 120-80 times
6. Aerobic capacity contributes (CO1, K2)
(a) speed development
(b) strength development
(c) endurance development
(d) power development
7. The normal blood pressure is (CO1, K1)
(a) 120/80 (b) 140/90
(c) 110/80 (d) 100/120
8. During exercise heart rate (CO2, K3)
(a) remain same (b) increase
(c) decrease (d) stopped
9. Expand the term CNS (CO1, K1)
(a) Cerebrum Nuron of Skull
(b) Cerebellum Nato System
(c) Central Nervous System
(d) Current Nuron System
10. Reflex action is a _____ mechanism of human body. (CO3, K4)
(a) energy (b) power
(c) rest (d) defence

Part B

(5 × 5 = 25)

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

11. (a) Write the nature and scope of exercise physiology.
(CO1, K1)

Or

- (b) What are the types of muscle fibers? (CO1, K1)

12. (a) Draw the macro and micro structure of skeletal muscle.
(CO2, K5)

Or

- (b) Explain the sliding filament theory of muscular contraction.
(CO2, K5)

13. (a) Interpret the mechanism of breathing. (CO3, K4)

Or

- (b) Examine the procedure of exchange of gases in the lungs and tissues.
(CO3, K4)

14. (a) Identify the effect of exercise of circulatory system.
(CO4, K3)

Or

- (b) Write short note on stroke volume and cardiac output.
(CO4, K3)

15. (a) Draw a neat diagram of neuron and explain its functions.
(CO5, K4)

Or

- (b) Explain about the reflex action. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Diagrammatically explains the microscopic structure of muscle fiber. (CO1, K5)

Or

- (b) Describe the skeletal muscle and explain its types. (CO1, K5)

17. (a) Explain the effect of exercise on muscular system. (CO2, K2)

Or

- (b) Illustrate the sources of energy of work. (CO2, K2)

18. (a) Interpret the effect of exercise on respiratory system. (CO3, K4)

Or

- (b) Examine the lung volumes and capacities. (CO3, K4)

19. (a) Simplify the cardiac cycle. (CO4, K4)

Or

- (b) Examine the heart rate and blood pressure. (CO4, K4)

20. (a) Interpret the nervous control of muscular movement. (CO5, K4)

Or

- (b) Examine the effects of exercise on nervous system. (CO5, K4)

R2970

Sub. Code

720404

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Physical Education

THEORIES OF SPORTS AND GAMES — II

**(BOXING, WEIGHT LIFTING, HANDBALL, HOCKEY,
TENNIS, VOLLEYBALL AND 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. Pro kabaddi was introduced in the year. (CO1, K1)
(a) 2014 (b) 2016
(c) 2018 (d) 2015
2. Which sport was introduced in the Olympics in 1992? (CO1, K1)
(a) Tennis
(b) Beach Volleyball
(c) Boxing
(d) Kabaddi
3. The length of the badminton court is (CO2, K2)
(a) 10 mts (b) 13.4 mts
(c) 20 mts (d) 18 mts

4. In cricket, the playing field is like (CO2, K2)
(a) Circle (b) Square
(c) Rectangle (d) Oval
5. Ability to overcome the resistance is called (CO3, K1)
(a) Strength (b) Speed
(c) Endurance (d) Flexibility
6. What is the purpose of warming up? (CO3, K1)
(a) Increase muscle mass
(b) More intense activity
(c) Increase flexibility
(d) Lose weight
7. Which of the following is a basic skill of tennis (CO4, K1)
(a) Dribbling (b) Passing
(c) Setting (d) Forehand stroke
8. In Beach Volleyball, which skill is used to receive the serve? (CO4, K1)
(a) Spike (b) Serve
(c) Pass (d) Block
9. How many officials are required in a Kho-Kho match (CO5, K2)
(a) 4 (b) 5
(c) 6 (d) 3
10. In cricket, the umpire waving an arm from side to side is (CO5, K2)
(a) Sixer (b) No ball
(c) Free Hit (d) Boundary

Part B

(5 × 5 = 25)

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

11. (a) Write down the brief history of kabaddi.
(CO1, K2)

Or

- (b) What are the important tournaments in tennis?
(CO1, K2)

12. (a) Draw a neat diagram of women kabaddi court with all measurements.
(CO2, K2)

Or

- (b) Draw a neat diagram of beach Volleyball court with all markings.
(CO2, K2)

13. (a) Write short notes on strength and speed. (CO3, K4)

Or

- (b) Explain the basic skills of badminton. (CO3, K4)

14. (a) Explain any one defensive drill in kabaddi.
(CO4, K4)

Or

- (b) What is mean by training? (CO1, K4)

15. (a) List down the official signals in badminton.
(CO5, K4)

Or

- (b) Write down the scoring system in boxing. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain the history and development of the game cricket. (CO1, K1)

Or

- (b) Explain the history and development of the game Badminton. (CO1, K1)

17. (a) Draw the neat diagram of Kho-Kho court with all markings. (CO2, K2)

Or

- (b) Layout of Cricket field with all markings. (CO2, K2)

18. (a) Describe the general and specific warming up. (CO3, K4)

Or

- (b) Illustrate about the physical fitness components. (CO3, K4)

19. (a) Examine the basic skills and drills of beach volleyball. (CO4, K4)

Or

- (b) Explain the basic skills in Kho-Kho. (CO4, K4)

20. (a) Describe the duties of officials in kabaddi. (CO5, K4)

Or

- (b) Explain the mechanism of officiating in boxing. (CO5, K4)

R2971

Sub. Code

7204E1

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Physical Education

Elective : HEALTH 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. What is the primary goal of health education? (CO1, K1)
 - (a) To provide medical treatment
 - (b) To promote health awareness and preventive measures
 - (c) To increase hospital visits
 - (d) To teach medical procedures
2. Which international organization is responsible for global health initiatives? (CO1, K1)
 - (a) United Nations (UN)
 - (b) World Trade Organization (WTO)
 - (c) World Health Organization (WHO)
 - (d) International Monetary Fund (IMF)
3. Which of the following is a communicable disease? (CO2, K1)
 - (a) Diabetes
 - (b) Hypertension
 - (c) Tuberculosis
 - (d) Peptic ulcer

4. What is the incubation period? (CO2, K1)
- (a) The period of recovery from a disease
 - (b) The time between infection and symptom onset
 - (c) The phase of treatment
 - (d) The stage of full immunity
5. Why is safety education important in physical activities? (CO3, K1)
- (a) To reduce injuries and accidents
 - (b) To increase competitiveness
 - (c) To improve endurance
 - (d) To avoid physical activity
6. Which of the following is NOT a safety measure in gymnasiums? (CO3, K1)
- (a) Proper ventilation
 - (b) Unsupervised use of equipment
 - (c) Proper flooring
 - (d) Use of protective gear
7. What does RICE stand for in first aid? (CO4, K1)
- (a) Rest, Ice, Compression, Elevation
 - (b) Relax, Increase, Compress, Exert
 - (c) Run, Ice, Cold, Exercise
 - (d) Reduce, Isolate, Cover, Evaluate
8. Which of the following is a type of wound? (CO4, K1)
- (a) Open wound (b) Closed wound
 - (c) Both (a) and (b) (d) None of the above
9. What is the first step in CPR? (CO5, K1)
- (a) Check for breathing
 - (b) Call for help
 - (c) Give mouth-to-mouth resuscitation
 - (d) Start chest compressions

10. What is cryotherapy used for? (CO5, K1)
(a) Heat treatment (b) Cold treatment
(c) Muscle relaxation (d) Bone healing

Part B (5 × 5 = 25)

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

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

Or

- (b) Explain the role of WHO in global health. (CO1, K2)

12. (a) Describe the symptoms and prevention of malaria. (CO2, K2)

Or

- (b) Differentiate between communicable and non-communicable diseases. (CO2, K2)

13. (a) What are the key safety measures in a swimming pool? (CO3, K3)

Or

- (b) Explain the importance of safety in physical education. (CO3, K3)

14. (a) Explain the importance of first aid in sports. (CO4, K3)

Or

- (b) Define trauma and its significance in sports. (CO4, K3)

15. (a) Differentiate between sprain and strain. (CO5, K3)

Or

- (b) Explain the RICE method for injury management. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the importance of nutrition and a balanced diet in maintaining good health. (CO1, K4)

Or

- (b) Explain the different components of health and their significance. (CO1, K4)

17. (a) Explain the causes, symptoms, and prevention of tuberculosis (TB). (CO2, K4)

Or

- (b) Explain the causes, symptoms, and prevention of diabetes mellitus. (CO2, K4)

18. (a) Discuss the importance of safety in playgrounds. (CO3, K5)

Or

- (b) Discuss the significance of safety education in schools. (CO3, K5)

19. (a) Describe the general first aid procedures for different types of wounds. (CO4, K5)

Or

- (b) Explain the types and applications of bandages. (CO4, K5)

20. (a) Discuss different types of therapies used in sports injuries. (CO5, K6)

Or

- (b) Discuss the role of physiotherapy in sports injury rehabilitation. (CO5, K6)

R2972

Sub. Code

720601

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Physical Education

**KINESIOLOGY AND BIOMECHANICS 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. Who is considered the “Father of Kinesiology”? (CO1, K1)
(a) Aristotle (b) Galileo
(c) Archimedes (d) Da Vinci

2. Sagittal plane is otherwise called as (CO1, K1)
(a) Coronal Plane
(b) Transverse Plane
(c) Frontal Plane
(d) Longitudinal Plane

3. The origin of deltoid muscle is (CO2, K2)
(a) Scapula (b) Humerus
(c) Clavicle (d) Thoracic

4. How many muscles are in the Quadriceps femoris? (CO2, K2)
- (a) 2 (b) 3
(c) 4 (d) 1
5. The muscle that is contracting is called (CO3, K1)
- (a) Agonist (b) Antagonist
(c) Relaxing (d) Lengthening
6. There is no change in the length of the muscles contraction is (CO3, K1)
- (a) Isometric (b) Isokinetic
(c) Isotonic (d) Hyperkinetic
7. A seesaw is an example of which type of lever? (CO4, K2)
- (a) First Class lever
(b) Second Class lever
(c) Third Class lever
(d) Fourth Class lever
8. How does biomechanics help in sports performance? (CO4, K1)
- (a) Improve movements
(b) Reduces injury
(c) Enhances training
(d) All of the above
9. The tool is commonly used for gait analysis is (CO5, K2)
- (a) Thermometer (b) Force plate
(c) Stethoscope (d) Microscope
10. How many stages in the gait principles? (CO5, K2)
- (a) 2 (b) 3
(c) 4 (d) 5

Part B

(5 × 5 = 25)

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

11. (a) Define kinesiology and its significance. (CO1, K2)

Or

- (b) What are the planes of body movement? (CO1, K2)

12. (a) Write the origin, insertion and actions of Trapezius muscle. (CO2, K2)

Or

- (b) Write short notes on plantaris muscle. (CO2, K2)

13. (a) Write short notes on muscular designing. (CO3, K4)

Or

- (b) How the muscles are grouping? (CO3, K4)

14. (a) Define biomechanics and its importance in sports. (CO4, K4)

Or

- (b) What is air gravity and water friction. (CO1, K4)

15. (a) What is gait analysis? (CO5, K4)

Or

- (b) Discuss about the principles of hitting. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the historical development of kinesiology. (CO1, K1)

Or

- (b) Describe the classification of synovial joints with examples. (CO1, K1)

17. (a) Describe about the pectoralis major and minor.
(CO2, K3)

Or

- (b) Explain the origin, insertion and actions of the following muscles.
(i) Hamstring muscle
(ii) Gastrocnemius. (CO2, K3)
18. (a) Describe the axis and Planes of movements.
(CO3, K4)

Or

- (b) Describe the types of muscle contraction. (CO3, K4)
19. (a) Explain Newton's Laws of motion. (CO4, K4)

Or

- (b) Describe the types of levers with examples.
(CO4, K4)
20. (a) Describe the bio-mechanical principles of walking.
(CO5, K4)

Or

- (b) Analyze the technique of different sports and games.
(CO5, K4)

R2973

Sub. Code

720602

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Physical Education

SPORTS MEDICINE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. The pain occur away from the injuries area is (CO1, K1)
(a) Distance pain (b) Rafferred pain
(c) Both (a) and (b) (d) None of these
2. What type of injury commonly results from sliding into second base? (CO1, K1)
(a) Abrasion (b) Fracture
(c) Puncture (d) Laceration
3. What is the primary role of a physiotherapist in sports? (CO2, K1)
(a) Diagnosing medical conditions
(b) Managing injuries and rehabilitation
(c) Prescribing medication
(d) Performing surgeries

4. A quadriceps strain can be caused by (CO2, K1)
(a) overexertion during pushups
(b) Excessive numbers of pull-ups
(c) Doing sit-ups with no warm-up
(d) Suddenly stopping while running
5. Sports physiologists classify the two types of muscle fibers as _____ (CO3, K1)
(a) Smooth and rippled
(b) Fast and slow twitch
(c) Short pull and long pull
(d) Detached and attached
6. The rate at which an ultrasound pulse is absorbed (attenuated) as it passes through tissue is affected by (CO3, K1)
(a) The pulse amplitude
(b) The pulse intensity
(c) The pulse frequency
(d) Characteristics of the tissue
7. Which of the following cryotherapy is also known as (CO4, K1)
(a) Ice therapy (b) wax therapy
(c) hydro therapy (d) thermotherapy
8. Which of the following is swelling is reduced by (CO4, K1)
(a) Applying heat
(b) Applying cold therapy
(c) Taking painkillers
(d) Resting in a sitting position
9. Which piece of equipment may be used to strengthen the ankle and knee following injury? (CO5, K1)
(a) Dumbbells (b) Barbell
(c) Stability disc (d) Punch bag

10. Which of this can be done to exercise the hip? (CO5, K1)
- (a) Hip flexor stretch
 - (b) Quadriceps stretch
 - (c) Hip flexion
 - (d) All the above

Part B (5 × 5 = 25)

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

11. (a) Classify any three common sports injuries in joints. (CO1, K3)

Or

- (b) Justify the possible upper limb and thorax injuries in sport. (CO1, K3)

12. (a) Outline the Rehabilitation Principles. (CO2, K3)

Or

- (b) Simplify the first aid for dislocation. (CO2, K3)

13. (a) Choose the Infra-Red Rays. (CO3, K3)

Or

- (b) Define physiotherapy Explain the importance of physiotherapy. (CO3, K4)

14. (a) Write short notes on Stream Bath and Sauna Bath. (CO4, K3)

Or

- (b) Justify the scope of rehabilitation in sports. (CO4, K3)

15. (a) Classify the difference between Passive and Active Movements. (CO5, K3)

Or

- (b) Outline the principles of therapeutic exercise. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Describe the role of Sports Injuries in Physical Education and Sports. (CO1, K5)

Or

- (b) Explain the need and importance sports of injury in the field of physical education. (CO1, K5)

17. (a) Explain the massage manipulation and therapeutic exercise? (CO2, K5)

Or

- (b) Illustrate about slow reversal technique exercise?. (CO2, K5)

18. (a) Explain
(i) Moist heat packs therapy, and
(ii) Wax therapy. (CO3, K5)

Or

- (b) Explain the stretching and strengthening for head, neck, spine injuries. (CO3, K5)

19. (a) Explain the application of hydrotherapy and thermo therapy. (CO4, K5)

Or

- (b) Discuss about some strengthening exercise for knee injuries. (CO4, K5)

20. (a) Describe the Therapeutic Exercise for the Lower Extremities of our body. (CO5, K5)

Or

- (b) Discuss about prescribe some stretching and strengthening exercise for abdominal wall contusion and Strain. (CO5, K5)

R2974

Sub. Code

720603

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Physical Education

**TEST, MEASUREMENT AND EVALUATION IN
PHYSICAL EDUCATION AND SPORTS**

(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. Process of assigning a number to a performance or an attribute of a person. (CO1, K1)
(a) Measurement (b) Assessment
(c) Evaluation (d) Test
2. Height can be measured by (CO1, K1)
(a) Stadiometer (b) Dynamometer
(c) Weight Machine (d) All the above
3. Which one of the following is not a criterion of a good test? (CO2, K2)
(a) Reliability (b) Objectivity
(c) Validity (d) Rating

4. Norms of physical fitness test battery are worked in consideration of (CO2, K2)
 - (a) Age
 - (b) Weight
 - (c) Height
 - (d) Race
5. AAPHERD youth fitness test consists of _____ test items. (CO3, K1)
 - (a) 6
 - (b) 5
 - (c) 7
 - (d) 4
6. The JCR Test battery is known as (CO3, K1)
 - (a) Sports Fitness
 - (b) Physical fitness
 - (c) Motor Fitness
 - (d) Cardiovascular Fitness
7. 30 m fly test is used to assess the _____ (CO4, K2)
 - (a) Strength
 - (b) Speed
 - (c) Agility
 - (d) Power
8. What is the primary skill tested in the standing broad jump? (CO4, K1)
 - (a) Jump height
 - (b) Agility
 - (c) Explosive leg power
 - (d) Coordination
9. Miler Wall volley test is used to measure the performance in _____. (CO5, K2)
 - (a) Baseball
 - (b) Basketball
 - (c) Badminton
 - (d) Volleyball
10. What is the level of Mc. Donald Soccer skill test? (CO5, K2)
 - (a) School
 - (b) Junior school
 - (c) College
 - (d) None of these

Part B**(5 × 5 = 25)**

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

11. (a) What is test? (CO1, K2)

Or

- (b) What is evaluation? (CO1, K2)

12. (a) Write short notes on validity and norms. (CO2, K2)

Or

- (b) What is teacher made test? (CO2, K2)

13. (a) Explain JCR tests. (CO3, K4)

Or

- (b) Explain Harward step test. (CO3, K4)

14. (a) Explain Ball throw test. (CO4, K4)

Or

- (b) How to conduct Standing Broad jump. (CO1, K4)

15. (a) What are the test items in Johnson basketball test.
Explain any one. (CO5, K4)

Or

- (b) Explain Miller Wall Volley test. (CO5, K4)

Part C**(5 × 8 = 40)**

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

16. (a) Write the definition and meaning of Test, Measurement and Evaluation. (CO1, K1)

Or

- (b) Explain the need and importance of measurement and evaluation. (CO1, K1)

17. (a) Describe the classification of Test. (CO2, K2)

Or

(b) Enumerate about the rating scales. (CO2, K2)

18. (a) Explain: AAPHEDR Youth Fitness test. (CO3, K4)

Or

(b) Explain Cooper's 12/min Run / Walk test. (CO3, K4)

19. (a) Explain: 600 m run test and Shuttle run (6×10m).
(CO4, K4)

Or

(b) Explain the purpose and the importance of SDAT tests. (CO4, K4)

20. (a) Explain the SDAT skill test for Football. (CO5, K4)

Or

(b) Explain the SDAT skill test for Hockey. (CO5, K4)

R2975

Sub. Code

720604

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Physical Education

SPORTS MANAGEMENT

(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. What is the definition of sports management? (CO1, K1)
 - (a) Managing athletes' training schedules
 - (b) Organizing sports events
 - (c) Applying management principles to organize and operate sports-related activities
 - (d) Managing only the finances of sports organizations
2. Which of the following is a part of the scope of sports management? (CO1, K2)
 - (a) Marketing and Promotions
 - (b) Scientific Research
 - (c) Political Strategy
 - (d) Financial Accounting

3. Which of the following is NOT a function of sports management? (CO2, K2)
- (a) Event planning
 - (b) Athlete coaching
 - (c) Facility management
 - (d) Marketing and sponsorship
4. What is the primary objective of personal management in sports organisation? (CO2, K1)
- (a) Maximizing profit
 - (b) Hiring and developing personal
 - (c) Increasing ticket sales
 - (d) Promoting athletes on social media
5. What is sports marketing? (CO3, K1)
- (a) Selling only sports equipment
 - (b) Promoting and advertising sports events, teams, and products
 - (c) Selling sports stadiums
 - (d) None of the above
6. Which of the following is a key factor involved in the marketing of sports? (CO3, K2)
- (a) Pricing strategies
 - (b) Target audience analysis
 - (c) Sponsorships and partnerships
 - (d) All of the above

7. Which of the following is the most important factor in selecting sports equipment? (CO4, K2)
- (a) Color of the equipment
 - (b) Cost only
 - (c) Safety and durability
 - (d) Popular brand
8. What is the primary purpose of an equipment room? (CO4, K1)
- (a) To store unused items
 - (b) To keep sports equipment secure and organized
 - (c) To display trophies
 - (d) To provide seating space for players
9. What is the primary role of accounting in a sports and fitness enterprise? (CO5, K2)
- (a) Marketing the services
 - (b) Managing financial transactions and records
 - (c) Hiring staff
 - (d) Conducting fitness training
10. Which of the following is NOT a type of budget? (CO5, K2)
- (a) Capital Budget
 - (b) Operational Budget
 - (c) Performance Budget
 - (d) Fitness Budget

Part B

(5 × 5 = 25)

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

11. (a) Explain the meaning of sports management.

Or

- (b) Discuss the scope of sports management. (CO1, K3)

12. (a) List the objectives of personal management.
(CO2, K3)

Or

- (b) What are the functions of sports management?
(CO2, K3)

13. (a) What is sports marketing? (CO3, K2)

Or

- (b) What are the key factors involved in the marketing of sports?
(CO3, K2)

14. (a) What are the duties of a sports equipment manager?
(CO4, K4)

Or

- (b) What are the guidelines for issuing and storing sports equipment?
(CO4, K4)

15. (a) What are the key sources of raising funds for a sports and fitness enterprise?
(CO5, K4)

Or

- (b) What is the importance of maintaining budget records in a sports organization?
(CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the recruitment process in sports management. (CO1, K4)

Or

- (b) Explain the functions of sports management in detail. (CO2, K4)

17. (a) Discuss the scope and significance of sports management in the modern era. (CO3, K3)

Or

- (b) Explain the basic principles of sports management and how they contribute to the success of sports organizations. (CO2, K3)

18. (a) Explain the meaning of sports marketing and its importance in the sports industry. (CO3, K3)

Or

- (b) Discuss the factors involved in the marketing of sports. (CO3, K3)

19. (a) Explain the guidelines for selecting and supplying sports equipment. (CO4, K3)

Or

- (b) Describe the functions of the equipment room and the role of an equipment and supplier manager. (CO4, K4)

20. (a) What are the different ways to raise funds for a sports and fitness enterprise? (CO5, K3)

Or

- (b) What is the importance of maintaining budget records in a sports and fitness enterprise? (CO5, K3)
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R2976

Sub. Code

7206E1

B.Sc. DEGREE EXAMINATION, APRIL 2025.

Sixth Semester

Physical Education

Elective : SPORTS INJURY AND PHYSIOTHERAPY

(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. What is the aim of physiotherapy in sports injuries?
(CO1, K1)
 - (a) To increase injury severity
 - (b) To rehabilitate and prevent further injuries
 - (c) To replace medical treatment
 - (d) To reduce exercise intensity
2. Which of the following is the principle of physiotherapy?
(CO1, K2)
 - (a) Early mobilization
 - (b) Strengthening exercises
 - (c) Functional recovery
 - (d) All the Above
3. Which type of wound involves a break in the skin?
(CO2, K1)
 - (a) Closed wound
 - (b) Open wound
 - (c) Sprain
 - (d) Fracture

4. How can chronic sports injuries be prevented? (CO2, K2)
- (a) Ignoring minor pains
 - (b) Proper warm-up and conditioning
 - (c) Increasing training intensity
 - (d) Avoiding rest periods
5. What is the primary use of cryotherapy in sports injuries? (CO3, K1)
- (a) Increasing muscle tension
 - (b) Reducing pain
 - (c) Heating the injured area
 - (d) Enhancing joint flexibility
6. Which of the following is an example of electrotherapy? (CO3, K2)
- (a) Sauna bath
 - (b) Contrast bath
 - (c) Shortwave diathermy
 - (d) Whirlpool bath
7. Which type of exercise requires external assistance to perform movement? (CO3, K1)
- (a) Active resisted (b) Active assisted
 - (c) Passive (d) Strengthening
8. Why is an exercise program important for injury rehabilitation? (CO3, K2)
- (a) To increase pain and stiffness
 - (b) To strengthen injured parts
 - (c) To delay recovery
 - (d) To replace medical intervention
9. Who developed the Swedish system of massage? (CO5, K1)
- (a) Aristotle (b) Hippocrates
 - (c) Per Henrik Ling (d) Galen

10. What is the primary physiological effect of massage?
(CO5, K2)

- (a) Decreased blood circulation
- (b) Increased muscle stiffness
- (c) Improved circulation and relaxation
- (d) Decreased mobility

Part B (5 × 5 = 25)

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

11. (a) Define sports injury and physiotherapy. (CO1, K3)
Or

(b) What are the guiding principles of physiotherapy?
(CO1, K3)

12. (a) Differentiate between acute and chronic injuries.
(CO2, K3)

Or

(b) What are the signs and symptoms of open wounds?
(CO2, K3)

13. (a) Explain the concept of cryotherapy in sports injury management.
(CO3, K3)

Or

(b) Describe the benefits of hydrotherapy in rehabilitation.
(CO3, K3)

14. (a) Discuss about active-assisted exercises? (CO4, K3)
Or

(b) How can exercises help in strengthening injured body parts?
(CO4, K3)

15. (a) Define massage and explain its importance in rehabilitation.
(CO5, K3)

Or

(b) List different types of massage manipulations in the Swedish system.
(CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Explain the importance of physiotherapy in sports injury management. (CO1, K3)

Or

- (b) Discuss the prevention strategies for sports injuries. (CO1, K3)

17. (a) Compare and contrast open and closed wounds with examples. (CO2, K4)

Or

- (b) Describe the causes and management of chronic sports injuries. (CO2, K4)

18. (a) Explain the role of hydrotherapy in rehabilitation, including different types of hydrotherapy. (CO3, K4)

Or

- (b) Discuss the therapeutic effects of electrotherapy in sports injuries. (CO3, K4)

19. (a) Describe different types of therapeutic exercises with examples. (CO4, K3)

Or

- (b) Explain the importance of rehabilitation exercise programs in injury recovery. (CO4, K3)

20. (a) Discuss the physiological effects of massage on the human body. (CO5, K3)

Or

- (b) Explain the history and evolution of massage therapy in sports recovery. (CO5, K3)