

**R2994**

**Sub. Code**

**771101**

**D.P.Ed. EXAMINATION, APRIL – 2025.**

**First Year**

**Physical Education**

**PRINCIPLES AND HISTORY OF PHYSICAL  
EDUCATION**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. What is the Focus of physical education? (CO1, K2)  
(a) Motion (b) Man in motion  
(c) Man (d) Fitness
2. What is philosophy means \_\_\_\_\_. (CO1, K2)  
(a) Love of wisdom (b) Seek if wisdom  
(c) Angry of wisdom (d) Stress of wisdom
3. Which is the main characteristic of growth \_\_\_\_\_. (CO2, K4)  
(a) Physical Nature  
(b) Comprised of qualitative changes  
(c) Take place through the life of an individual  
(d) Sociological nature

4. Which is muscle fatigue being due to the accumulation of \_\_\_\_\_? (CO2, K4)
  - (a) Carbon dioxide
  - (b) Lactic acid
  - (c) Creatine phosphate
  - (d) None of the above
5. What is sociological foundation of physical education discussing \_\_\_\_\_. (CO3, K4)
  - (a) Body type
  - (b) Motor learning
  - (c) Competition and cooperation
  - (d) Socialization process
6. Which is modernisation implying mobility which may be of any kind of except \_\_\_\_\_. (CO3, K4)
  - (a) Physical mobility (b) Social mobility
  - (c) Scientific mobility (d) Psychic mobility
7. When ancient Olympic games first held? (CO4, K5)
  - (a) 776 BC (b) 780 BC
  - (c) 790 BC (d) 800 BC
8. Who was the founder of the Modern Olympics? (CO4, K5)
  - (a) Phidias
  - (b) Alexander
  - (c) Pierre de Coubertin
  - (d) L. Aemilius Cato
9. When was started in school game federation of India? (CO5, K6)
  - (a) 1984 (b) 1950
  - (c) 1954 (d) 1964

10. When was started in SDAT \_\_\_\_\_. (CO5, K6)  
(a) 1994 (b) 2002  
(c) 1998 (d) 1985

**Part B** (5 × 5 = 25)

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

11. (a) Write short note on aim of physical education. (CO1, K2)

Or

- (b) Simplify the physical training. (CO1, K2)

12. (a) Define heart rate and explain the training session. (CO2, K4)

Or

- (b) Justify the effect of exercise for muscle tone. (CO2, K4)

13. (a) Explain the Sociological foundation. (CO3, K4)

Or

- (b) Justify the desire for recognition. (CO3, K4)

14. (a) Define about the Asian game. (CO4, K5)

Or

- (b) Simplify the ancient Olympic game. (CO4, K5)

15. (a) Write short notes on teacher training institution. (CO5, K6)

Or

- (b) Justify the India epic age in physical education. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the meaning and principles of physical education. (CO1, K2)

Or

- (b) Describe about philosophical foundation in physical education. (CO1, K2)

17. (a) Briefly explain the physiological and mental ages. (CO2, K4)

Or

- (b) Evaluate the anthropometric differences between boys and girls. (CO2, K4)

18. (a) Explain the gregarious instinct. (CO3, K4)

Or

- (b) Explain the sociological foundation for individual and society. (CO3, K4)

19. (a) Evaluate about Ancient Greece in physical education. (CO4, K5)

Or

- (b) Briefly explain the Sparta and Athens in physical education. (CO4, K5)

20. (a) Briefly explain the SDAT. (CO5, K6)

Or

- (b) Describe about SAI. (CO5, K6)

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<b>Sub. Code</b>
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<b>771102</b>
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**D.P.Ed. DEGREE EXAMINATION, APRIL – 2025.**

**First Year**

**Physical Education**

**SPORTS MANAGEMENT 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 correct options.

1. Which is top skills needed to for sport management are \_\_\_\_\_. (CO1, K2)
  - (a) People management
  - (b) Time Management
  - (c) Entrepreneurial
  - (d) All the above
2. The objectives of sports management is \_\_\_\_\_. (CO1, K2)
  - (a) Coaching players
  - (b) Organizing and managing sports events
  - (c) Playing professional sports
  - (d) Manufacturing sports equipment
3. What is the first step in planning process? (CO2, K4)
  - (a) Determination of goals
  - (b) Identification of target group
  - (c) Mobilization of resources
  - (d) Provision of facilities

4. A leader must possess the following except \_\_\_\_\_. (CO2, K4)
- (a) Missionary zeal (b) Commitment  
(c) Selfishness (d) Persuasiveness
5. What is planning? (CO3, K4)
- (a) Deciding in advance what is to be done  
(b) Motivating towards training  
(c) Thinking about past  
(d) Organising tournament
6. Which one of following is not the important objective of the planning in sports? (CO3, K4)
- (a) Timely achievement of target  
(b) To ensure coordination  
(c) To earn money  
(d) To improve the sports performance
7. What are the rules, duties and responsibilities or workers are given in writing in \_\_\_\_\_. (CO4, K5)
- (a) Formal organization  
(b) Informal organization  
(c) Business organization  
(d) Strategic organization
8. What is/are the main function of the Protest Committee? (CO4, K5)
- (a) To protest the occurring of tournament  
(b) It decides on any protest made against a judgement in any sports  
(c) It protects the tournament from trouble making people  
(d) None of the above
9. What is plan that established method of handling future activities is called \_\_\_\_\_. (CO5, K6)
- (a) Rules (b) Procedure  
(c) Policy (d) Methods

10. Which is following contingent plan to meet environment pressure is \_\_\_\_\_. (CO5, K6)
- (a) Strategies (b) Objective  
(c) Policies (d) Rules

**Part B** (5 × 5 = 25)

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

11. (a) Define sports management. What is the carrier opportunities in sports management? (CO1, K2)
- Or
- (b) What is the scheme of organization in school level sports management? (CO1, K2)
12. (a) Write the qualities and preparation of administrative leader. (CO2, K4)
- Or
- (b) Define leadership. Write in details the leadership style and methods. (CO2, K4)
13. (a) Justify the preparation of time table for physical education period. (CO3, K4)
- Or
- (b) Write short note on factors effecting the planning in the field of physical education. (CO3, K4)
14. (a) Simplify the duties of supervisor in sports meet. (CO4, K5)
- Or
- (b) Write short notes on function supervision and give their importance. (CO4, K5)
15. (a) Explain the role of teacher in curriculum development. (CO5, K6)
- Or
- (b) Discuss about curriculum development and importance to the physical education. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the structure of event management. Explain in brief the responsibilities of personnel in the structure. (CO1, K2)

Or

- (b) Evaluate how will plan yearly physical education programme in the school. (CO1, K2)

17. (a) Briefly explain about full infrastructure of swimming pool. What is the safety equipment needed. (CO2, K4)

Or

- (b) What do you understand by the term planning? What are their types? Explain. (CO2, K4)

18. (a) Elaborate the criteria of good budget. (CO3, K4)

Or

- (b) What are the uses of records and registered in the field of physical education? (CO3, K4)

19. (a) What are the guiding principles of supervision? (CO4, K5)

Or

- (b) Estimate the relationship between administrators and physical education teacher. (CO4, K5)

20. (a) Briefly explain the how to conduct sports meet and your own specialization. (CO5, K6)

Or

- (b) Describe about need and important of curriculum in field of physical education. (CO5, K6)



**R2996**

**Sub. Code**

**771103**

**D.P.Ed. DEGREE EXAMINATION, APRIL – 2025.**

**First Year**

**Physical Education**

**METHODS 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. What is the first step in technical preparation for teaching? (CO1, K2)
  - (a) Planning lesson content
  - (b) Selecting teaching aids
  - (c) Preparing lesson plans
  - (d) Developing instructional objectives
2. ————— the main purpose of orientation in teaching. (CO1, K2)
  - (a) To provide explanations
  - (b) To demonstrate skills
  - (c) To establish context
  - (d) To evaluate learning
3. Which type of command is used to get students' attention? (CO2, K4)
  - (a) Indirect command
  - (b) Direct command
  - (c) Transitional command
  - (d) Action command

4. \_\_\_\_\_ method involves providing feedback on student performance. (CO2, K4)
- (a) Demonstration method
  - (b) Limitation method
  - (c) Dramatization method
  - (d) Command method
5. What is the importance of warm-up exercises in track and field events? (CO3, K4)
- (a) To prevent injuries
  - (b) To improve performance
  - (c) To promote physical fitness and conditioning
  - (d) All of the above
6. Which of the following is an example of an indigenous activity? (CO3, K4)
- (a) Cricket
  - (b) Soccer
  - (c) Kabaddi
  - (d) Malla-Yuddha
7. Knockout tournament is otherwise called \_\_\_\_\_. (CO4, K5)
- (a) Elimination tournament
  - (b) Round robin tournament
  - (c) Combination tournament
  - (d) Challenge tournament
8. What is the term for the process of pairing teams or players in a tournament? (CO4, K5)
- (a) Seeding
  - (b) Bracketing
  - (c) Scheduling
  - (d) Draw
9. Which of the following is an example of a non-standard sports meet? (CO5, K6)
- (a) Olympic Games
  - (b) World Championships
  - (c) Masters Games
  - (d) Corporate Games
10. Which of the following is NOT a sports award in India? (CO5, K6)
- (a) Rajiv Gandhi Khel Ratna Award
  - (b) Arjuna Award
  - (c) Dronacharya Award
  - (d) Padma Shri Award

**Part B**

(5 × 5 = 25)

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

11. (a) Write the importance of methods in physical education. (CO1, K2)

Or

- (b) Write down the teaching aids in physical education. (CO1, K2)

12. (a) Mention the principles of class management. (CO2, K4)

Or

- (b) List down the types of command in physical education. (CO2, K4)

13. (a) Classify the value of lesson plan in physical education. (CO3, K4)

Or

- (b) Discuss about the procedures of marching. (CO3, K4)

14. (a) List down the various types of competition explain anyone. (CO4, K5)

Or

- (b) How do you organize and conduct an intramural tournament? (CO4, K5)

15. (a) What are the classifications of pupils in physical education? (CO5, K6)

Or

- (b) Describe the importance of sports meet in schools. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) What are the factors influencing method in physical education? (CO1, K2)

Or

- (b) Briefly explain the steps in technical preparation of teaching method. (CO1, K2)

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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<b>Sub. Code</b>
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<b>771104</b>
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**D.P.Ed. DEGREE EXAMINATION, APRIL – 2025.**

**First Year**

**Physical Education**

**ANATOMY AND PHYSIOLOGY**

**(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 study of structure and function of a cell is called \_\_\_\_\_.  
(CO1, K2)
  - (a) Cytology
  - (b) Myology
  - (c) Anthrology
  - (d) Anatomy
2. The knee joint is an example of which type of joint.  
(CO1, K2)
  - (a) Hinge joint
  - (b) Ball-and-socket joint
  - (c) Pivot joint
  - (d) Gliding joint

3. Cardiovascular system consists of ————— (CO2, K4)
- (a) Heart and blood vessels
  - (b) Heart and lungs
  - (c) Blood vessels and lungs
  - (d) Lungs and blood
4. What is the name of the large artery that carrier oxygenated blood away form the heart to the rest of the body. (CO2, K4)
- (a) Pulmonary artery
  - (b) Aorta
  - (c) Pulmonary vein
  - (d) Inferior vena cava
5. The place where two or more bones meet —————. (CO3, K4)
- (a) Joint
  - (b) Muscles
  - (c) Ligament
  - (d) Tendon
6. The respiratory pathway is —————. (CO3, K4)
- (a) Nasal cavity, Larynx, Pharynx, Trachea, Bronchus
  - (b) Nasal cavity, Pharynx, Larynx, Trachea, Bronchus
  - (c) Nasal cavity, Trachea, Larynx, Pharynx, Bronchus
  - (d) Bronchus, Nasal cavity, Trachea, Larynx, Pharynx

7. What is the primary function of the salivary glands?  
(CO4, K5)
- (a) Producing saliva for taste
  - (b) Controlling blood sugar
  - (c) Helping digestion and lubrication
  - (d) Filtering toxins
8. What is the function of saliva in the oral cavity?  
(CO4, K5)
- (a) Breaking down lipids
  - (b) Providing a medium for taste sensation
  - (c) Killing bacteria
  - (d) Absorbing nutrients
9. Which gland is responsible for producing growth hormone (GH), which stimulated growth and development in children and adolescents?  
(CO5, K6)
- (a) Thyroid gland
  - (b) Pituitary gland
  - (c) Adrenal gland
  - (d) Pancreas
10. Another name of nerve fiber is \_\_\_\_\_. (CO5, K6)
- (a) Reflex
  - (b) Axon
  - (c) Nephron
  - (d) Adrenal

**Part B**

(5 × 5 = 25)

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

11. (a) Write the functions of cell. (CO1, K2)

Or

- (b) Write the difference in the skeleton system.  
(CO1, K2)

12. (a) Short Notes on (i) Cardiac cycle. (ii) Blood pressure  
(CO2, K4)

Or

- (b) Write short notes on blood pressure. (CO2, K4)

13. (a) Draw the neat diagram of lung and mention the parts.  
(CO3, K4)

Or

- (b) Write the process of respiratory system, including the mechanisms of inhalation and exhalation.  
(CO3, K4)

14. (a) Write the function of Tongue and teeth. (CO4, K5)

Or

- (b) Write short notes on  
(i) Eye  
(ii) Ear (CO4, K5)



15. (a) Write short notes on
- (i) Parathyroid gland
  - (i) Adrenal gland (CO5, K6)

Or

- (b) Draw the diagram of brain and mention its parts.  
(CO5, K6)

**Part C** (5 × 8 = 40)

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

16. (a) Briefly write the general difference in skeleton.  
(CO1, K2)

Or

- (b) Briefly write the classification of bones with example.  
(CO1, K2)

17. (a) Explain the structure and function of the lymphatic system, focusing on lymphatic vessels and lymph.  
(CO2, K4)

Or

- (b) Explain the process of systemic circulation in the human body.  
(CO2, K4)

18. (a) Describe the structure and function of the alveoli in the respiratory system.  
(CO3, K4)

Or

- (b) Write the effect exercise on respiratory system.  
(CO3, K4)

19. (a) Describe the anatomical structure of the liver, including its lobes, blood supply, and associated structures. (CO4, K5)

Or

- (b) Draw a neat diagram of kidney and explain the function of kidney. (CO4, K5)

20. (a) Briefly write about the thyroid gland and its functions. (CO5, K6)

Or

- (b) Write about function of autonomic nervous system. (CO5, K6)

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**R2998**

**Sub. Code**

**771105**

**D.P.Ed. DEGREE EXAMINATION, APRIL – 2025.**

**First Year**

**Physical Education**

**OFFICIATING AND RULE OF GAMES AND SPORTS  
AND COACHING - I**

**(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. During sprinting races, what device do you use to start from? (CO1, K2)  
(a) Track (b) Springs  
(c) Landing Pool (d) Stating Block
2. The distance of marathon race is ————. (CO1, K2)  
(a) 43.195 km (b) 42.195 km  
(c) 41.185 km (d) 40.165 km
3. Who is invented the game of basket ball? (CO2, K4)  
(a) Coubertin (b) Morgan  
(c) Naismith (d) Buck
4. Standard width of lane shall be ————. (CO2, K4)  
(a) 1.20 m (b) 1.22 m  
(c) 1.22 m to 1.25 m (d) 110 m

5. What is the correct training procedure recommended by many experts when it comes to distance running?  
(CO3, K4)
- (a) Run for 30 mins, then improves one time
  - (b) Run for time first, then add distance
  - (c) Run for time only and don't run long distance at all
  - (d) Run only long distance and never worry about time
6. Free throw is associated with \_\_\_\_\_. (CO3, K4)
- (a) Hockey
  - (b) Basketball
  - (c) Volleyball
  - (d) Netball
7. Circuit training is an effective method for developing \_\_\_\_\_. (CO4, K5)
- (a) Speed
  - (b) Flexibility
  - (c) Strength Endurance
  - (d) Agility
8. "Speed play" is also known as \_\_\_\_\_. (CO4, K5)
- (a) Weight training
  - (b) Pressure training
  - (c) Fartlek training
  - (d) Interval training
9. Exercises are done without movements are \_\_\_\_\_. (CO5, K6)
- (a) Isometric
  - (b) Isotonic
  - (c) Cross Training
  - (d) Repetition
10. Resistance ability against fatigue is called \_\_\_\_\_. (CO5, K6)
- (a) Strength
  - (b) Speed
  - (c) Endurance
  - (d) Agility

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the history of Basketball? (CO1, K2)

Or

- (b) Draw a neat diagram of Kabaddi court for men.  
(CO1, K2)

12. (a) List down the fundamental skills in Football and explain any one. (CO2, K4)

Or

- (b) Explain about any two system of play in handball.  
(CO2, K4)

13. (a) Explain any three skills in Softball. (CO3, K4)

Or

- (b) Explain any two lead up games for throw ball.  
(CO3, K4)

14. (a) Write the role of practices in sports training.  
(CO4, K5)

Or

- (b) Explain the methods to develop strength endurance.  
(CO4, K5)

15. (a) Explain the various uses of weight training in sports.  
(CO5, K6)

Or

- (b) Briefly discuss about interval training. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Enumerate the origin and development of a Football game. (CO1, K2)

Or

- (b) Draw a neat diagram of softball field with all measurements. (CO1, K2)

17. (a) Explain the systems of officiating in Handball. (CO2, K4)

Or

- (b) Explain the duties of various officials in Basketball. (CO2, K4)

18. (a) Explain the fundamental skills of volleyball. (CO3, K4)

Or

- (b) Draw a neat diagram of throw ball field with all measurement. (CO3, K4)

19. (a) Explain various types of training explain any three. (CO4, K5)

Or

- (b) Elaborate the need and importance of warm-up and warm down. (CO4, K5)

20. (a) Define sport training. Analyze the characteristics of sports training. (CO5, K6)

Or

- (b) Explain the types of stretching. (CO5, K6)

**R2999**

**Sub. Code**

**771201**

**D.P.Ed. DEGREE EXAMINATION, APRIL 2025.**

**Second Year**

**Physical Education**

**MEASUREMENT AND EVALUATIONS**

**(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 objective of a test is \_\_\_\_\_. (CO1, K2)  
(a) Provide entertain (b) Evaluate knowledge  
(c) Create conclusion (d) Social interaction
2. The \_\_\_\_\_ is the collection of information on which a decision is based. (CO1, K2)  
(a) Evaluation (b) Measurement  
(c) Test (d) Data
3. Evaluation assist the teacher in pinpointing the limitation as well as the \_\_\_\_\_ point. (CO2, K4)  
(a) Strong (b) Measure  
(c) Measuring (d) Calculated
4. Evaluation enable the teacher to \_\_\_\_\_ his own teaching effectiveness. (CO2, K4)  
(a) Test (b) Measure  
(c) Evaluate (d) Nullify

5. A test is \_\_\_\_\_ it measures what it purposes to measure. (CO3, K4)
- (a) Valid (b) Objective  
(c) Reliable (d) Subjective
6. AAHPER stands for \_\_\_\_\_. (CO3, K4)
- (a) American Association for Health, Physical Exercise, and Recreation  
(b) American Alliance for Health, Physical Education, and Recreation  
(c) Association for Athletics, Health. Physical Education, and Research  
(d) Alliance for Aerobics, health, Physical Education, and Rehabilitation
7. The Cooper test which was designed by \_\_\_\_\_. (CO4, K5)
- (a) Dr. Kenneth Cooper  
(b) Dr. Woodruff  
(c) Dr. James Naismith  
(d) Dr. John Harvard
8. What is the standard height of the bench used in the Harvard Step test for men? (CO4, K5)
- (a) 30 cm (b) 40 cm  
(c) 51 cm (d) 41 cm
9. French short service test is associated with \_\_\_\_\_ game. (CO5, K6)
- (a) Basketball (b) Badminton  
(c) Tennis (d) Volley ball



10. Tennis skill is measured by \_\_\_\_\_. (CO5, K6)
- (a) Miller wall volley test
  - (b) Mc Donald's test
  - (c) Dyer test
  - (d) Mec Donald's test

**Part B** (5 × 5 = 25)

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

11. (a) Define test, measurement and evaluation. (CO1, K4)

Or

- (b) What is the meaning of reliability? (CO1, K4)

12. (a) What are the Procedures to be adopted before the administration and test? (CO2, K4)

Or

- (b) What are the classification of test? (CO2, K4)

13. (a) Explain the procedure of JCR test. (CO3, K4)

Or

- (b) Explain AAPHERD youth fitness test. (CO3, K4)

14. (a) Explain the Harvard step test. (CO4, K5)

Or

- (b) Explain the cardio vascular test. (CO4, K5)

15. (a) Explain the Friedel field hockey test. (CO5, K6)

Or

- (b) Explain the testing procedure of MC Donald soccer test. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

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

Or

- (b) Explain the Criteria for a good test. (CO1, K4)

17. (a) Explain the procedure to be considered for the administration of test. (CO2, K4)

Or

- (b) Explain the Presenting and Interpreting the test results. (CO2, K4)

18. (a) Describe the procedures of organizing AAPHERD youth fitness test. (CO3, K4)

Or

- (b) Explain Borrow motor ability test. (CO3, K4)

19. (a) Explain Coopers 12 minutes run/walk test. (CO4, K5)

Or

- (b) Write about the Woodruff alignment posture test- Explain. (CO4, K5)

20. (a) Draw a neat diagram of Johnson basketball ability test. (CO5, K6)

Or

- (b) Describe the procedure for conducting the SDAT test. (CO5, K6)

<b>R3000</b>
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<b>Sub. Code</b>
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<b>771202</b>
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**D.P.Ed. DEGREE EXAMINATION, APRIL 2025.**

**Second Year**

**Physical Education**

**RECREATION, CAMPING AND SAFETY EDUCATION**

**(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 one of the primary objectives recreation?  
(CO1, K2)
  - (a) Generating profits
  - (b) Promoting physical fitness and well-being
  - (c) Isolating individuals from society
  - (d) Encouraging sedentary lifestyles
2. What is one benefit of recreation in terms of mental health?  
(CO1, K2)
  - (a) Increasing stress levels
  - (b) Exacerbating anxiety
  - (c) Reducing stress and improving mental well-being
  - (d) Isolating individuals from society

3. The primary purpose of recreation in primitive cultures is known as \_\_\_\_\_. (CO2, K4)
- (a) Competitive sports
  - (b) Social bonding and cohesion
  - (c) Economic gain
  - (d) Political dominance
4. What facilities are typically found in a recreational center? (CO2, K4)
- (a) Assembly line production units
  - (b) Laboratories
  - (c) Swimming pools, gyms and sports courts
  - (d) Parking garages
5. Which statement best describes the importance of regular maintenance for recreational equipment? (CO3, K4)
- (a) It is unnecessary and costly
  - (b) It ensures safety and prolongs the lifespan of equipment
  - (c) It hinders participation in recreational activities
  - (d) It is solely the responsibility of users
6. The skills that are essential for success in a career in recreation is \_\_\_\_\_. (CO3, K4)
- (a) Technical expertise only
  - (b) Interpersonal communication organizational and problem-solving skills
  - (c) Financial management exclusively
  - (d) Scientific research abilities

7. How does the tourism industry contribute to career opportunities in recreation? (CO4, K5)
- (a) It does not affect career prospects in recreation
  - (b) It creates demand for recreation professionals in hospitality and leisure sectors
  - (c) It discourages outdoor activities
  - (d) It limits opportunities for professional growth
8. Which of the following career paths is commonly associated with recreation? (CO4, K5)
- (a) Law enforcement
  - (b) Financial analysis
  - (c) Event planning
  - (d) Software engineering
9. What is the primary goal of safety education? (CO5, K6)
- (a) To promote risk-taking behavior
  - (b) To increase awareness of potential hazards and prevent accidents
  - (c) To encourage reckless behavior
  - (d) To ignore safety protocols
10. What are some factors that can affect safety at home? (CO5, K6)
- (a) Lack of ventilation
  - (b) Adequate lighting and clear pathways
  - (c) Overcrowding
  - (d) Excessive use of electronic devices

**Part B**

(5 × 5 = 25)

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

11. (a) Write the short notes on leisure. (CO1, K2)

Or

- (b) List out the objectives of recreation. (CO1, K2)

12. (a) Explain the Recreation in primitive Culture. (CO2, K4)

Or

- (b) Write the note on recreation in rural community. (CO2, K4)

13. (a) Write short notes on hiking evaluation of program. (CO3, K4)

Or

- (b) Briefly write about Arts and crafts Programmes. (CO3, K4)

14. (a) Write short notes on administration of camp. (CO4, K5)

Or

- (b) List down the activities and programe played in the camp. (CO4, K5)

15. (a) Write the importance of safety education in play ground. (CO5, K6)

Or

- (b) Write any five factors that affect electrical safety. (CO5, K6)

**Part C** (5 × 8 = 40)

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

16. (a) Write down the historical development of recreation in the field of physical Education and field. (CO1, K2)

Or

- (b) Explain the philosophy of leisure and discuss its key principles with suitable examples. (CO1, K2)

17. (a) Describe the various Agencies offering Recreation. (CO2, K4)

Or

- (b) Explain the administration al recreation. (CO2, K4)

18. (a) Explain the indoor and outdoor recreational activities. (CO3, K4)

Or

- (b) Explain the different types of recreational activities. (CO3, K4)

19. (a) Describe the importance of safety, accessibility and environment suitability in camp location. (CO4, K5)

Or

- (b) Discus about the evaluation of camp work. (CO4, K5)

20. (a) Define safety education and explain factors affecting safety at school. (CO5, K6)

Or

- (b) Briefly explain physical education teacher plays a crucial role in maintaining safety standards.

(CO5, K6)

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<b>R3001</b>
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<b>Sub. Code</b>
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<b>771203</b>
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**D.PEd. DEGREE EXAMINATION, APRIL 2025.**

**Second Year**

**Physical Education**

**HEALTH EDUCATION, NUTRITION AND SPORTS  
INJURY MANAGEMENT**

**(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 role of a physical education teacher in school health programs? (CO1, K2)
  - (a) Conducting academic exams
  - (b) Promoting Physical activity and desirable health habits
  - (c) Diagnosing and treating disease
  - (d) Administering vaccinations
2. What is the key purpose of medical examinations in schools? (CO1, K2)
  - (a) To evaluate academic performance
  - (b) To detect and prevent diseases among students
  - (c) To assess athletic performance
  - (d) To administer first aid

3. Which of the following diseases is caused by a bacterial infection? (CO2, K4)
- (a) Malaria                      (b) Cholera
- (c) Mumps                      (d) Whooping cough
4. Malaria is transmitted through \_\_\_\_\_. (CO2, K4)
- (a) Airborne droplets
- (b) Contaminated water
- (c) Mosquito bites
- (d) Direct contact with infected person
5. Calorie requirements in sports depend on \_\_\_\_\_. (CO3, K4)
- (a) Age, gender and physical activity level
- (b) Academic performance
- (c) Social behaviour
- (d) Mental health status
6. Which nutrient is the primary source of source of energy for athletes? (CO3, K4)
- (a) Proteins                      (b) Carbohydrates
- (c) Fats                      (d) Vitamins
7. A laceration is best described as \_\_\_\_\_. (CO4, K5)
- (a) A scrape on the skin
- (b) A deep cut or tear in the skin
- (c) A burn caused by heat
- (d) A bruise caused by impact

8. A sprain involves \_\_\_\_\_. (CO4, K5)
- (a) Tearing of ligaments
  - (b) Tearing of muscles
  - (c) Dislocation of a joint
  - (d) A puncture wound
9. Electroherapy is primarily used for \_\_\_\_\_. (CO5, K6)
- (a) Reducing pain and muscle inflammation
  - (b) Increasing calorie burn
  - (c) Improving cardiovascular endurance
  - (d) Treating infections
10. Hydrotherapy is the use of water to \_\_\_\_\_. (CO5, K6)
- (a) Improve psychological resilience
  - (b) Trade and manage physical conditions
  - (c) Cure bacterial infections
  - (d) Enhance athletic performacne

**Part B**

(5 × 5 = 25)

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

11. (a) What are common school health issues and how can they be managed? (CO1, K2)

Or

- (b) Why are medical check-ups important in schools and how are they done? (CO1, K2)

12. (a) How does cholera spread. and how can it be prevented? (CO2, K4)

Or

- (b) Write down the causes and symptoms of typhoid fever? (CO2, K4)

13. (a) List the components of food and explain their significance in maintaining health. (CO3, K4)

Or

- (b) How do energy factor and requirements differ in sports activities? (CO3, K4)

14. (a) Define abrasion and laceration and describe their initial treatment. (CO4, K5)

Or

- (b) What is the difference between a sprain and a strain? (CO4, K5)

15. (a) What is hydrotherapy and how is it used in rehabilitation? (CO5, K6)

Or

- (b) Define electrotherapy and describe its applications in physiotherapy. (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 health services supervision in schools. (CO1, K2)

Or

- (b) What steps should be taken to identify and prevent diseases in schools? Explain. (CO1, K2)
17. (a) Explain the mode of infection, symptoms, and preventive measures for malaria. (CO2, K4)

Or

- (b) Describe in detail the causes, spread and prevention of dysentery and diphtheria. (CO2, K4)
18. (a) Discuss the components of a balanced diet and their role in sports performance. (CO3, K4)

Or

- (b) Analyze the factors that determine the diet of an athlete and how they affect performance. (CO3, K4)
19. (a) Explain the types of sports injuries and their management techniques. (CO4, K5)

Or

- (b) Describe the common causes, symptoms and treatment methods for fractures in sports. (CO4, K5)

20. (a) Explain the types, methods and benefits of electrotherapy in sports injury rehabilitation.  
(CO5, K6)

Or

- (b) Discuss the significance of physiotherapy in managing and preventing sports-related injuries.  
(CO5, K6)
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<b>R3002</b>
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<b>Sub. Code</b>
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<b>771204</b>
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**D.P.Ed. EXAMINATION, APRIL 2025.**

**Second Year**

**Physical Education**

**EDUCATIONAL TECHNOLOGY 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. Which software used for presentations \_\_\_\_\_.  
(CO1, K4)
  - (a) Virtual Reality (VR)
  - (b) Augmented Reality (AR)
  - (c) PowerPoint
  - (d) Excel
  
2. The video analysis is used for \_\_\_\_\_ on athletes.  
(CO1, K4)
  - (a) Watching movies
  - (b) Improving performance
  - (c) Playing video games
  - (d) Listening to music

3. Blackboard platform facilitate on \_\_\_\_\_. (CO2, K4)  
(a) Online teaching (b) In-person classes  
(c) Physical textbooks (d) Restricted access
4. How many types in maps? (CO2, K4)  
(a) 2 (b) 6  
(c) 7 (d) 4
5. In which subject area was used film strips \_\_\_\_\_. (CO3, K4)  
(a) Mathematics (b) Physical education  
(c) History (d) Music
6. The picture has been helpful for \_\_\_\_\_ for the students. (CO3, K4)  
(a) Active learning (b) Memorization  
(c) Distraction (d) Repetition
7. E-mail stands for \_\_\_\_\_. (CO4, K5)  
(a) Enhanced Mail (b) Emergency Mail  
(c) Electronic Mail (d) Express Mail
8. What is a website? (CO4, K5)  
(a) Place to store things  
(b) Group of internet pages  
(c) Computer program  
(d) Phone app
9. What is the purpose of equipment storage? (CO5, K6)  
(a) Equipment value  
(b) Protect equipment from damage  
(c) Equipment lifespan  
(d) Equipment misuse



10. The aspects of students' lives does counsel address is \_\_\_\_\_.  
(CO5, K6)
- (a) Only academic matters
  - (b) Only social issues
  - (c) Personal, social and academic concerns
  - (d) Only athletic concerns

**Part B** (5 × 5 = 25)

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

11. (a) What are the uses of Education Technology?  
(CO1, K2)

Or

- (b) Types of Education – Explain. (CO1, K2)

12. (a) List down various types of black board. Explain it.  
(CO2, K4)

Or

- (b) Explain the purpose of charts. (CO2, K4)

13. (a) Write the meaning of record player. (CO3, K4)

Or

- (b) Describe about the three-dimensional aids.  
(CO3, K4)

14. (a) Define tele conferencing. (CO4, K5)

Or

- (b) Write short notes on E-mail. (CO4, K5)

15. (a) Mention the techniques in ground preparation.  
(CO5, K6)

Or

- (b) Discuss about the storage of equipment. (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 education technology in physical education. (CO1, K2)

Or

- (b) Describe about the role on physical education. (CO1, K2)

17. (a) Explain teaching aids. (CO2, K4)

Or

- (b) What about the maps and explain their types. (CO2, K4)

18. (a) Write about the meaning of graphs and its types to explain. (CO3, K4)

Or

- (b) How to prepare handling books in library. (CO3, K4)

19. (a) Briefly explain E-learning and its importance. (CO4, K5)

Or

- (b) Describe about the facilities in educational institution. (CO4, K5)

20. (a) Discuss about the importance of tools on ground marking and Maintenance. (CO5, K6)

Or

- (b) What are the duties of ground staff teacher? (CO5, K6)

**R3003**

**Sub. Code**

**771205**

**D.P.Ed. EXAMINATION, APRIL 2025.**

**Second Year**

**Physical Education**

**OFFICIATING AND RULES OF GAMES AND SPORTS  
AND COACHING – II**

**(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. In Athletics, field events include ————. (CO1, K2)
  - (a) Sprinting and throwing
  - (b) Jumping and throwing
  - (c) Throwing and sprinting
  - (d) Sprinting
2. Long jumpers and triple jumpers land in pit filled with (CO1, K2)
  - (a) Wool (b) Gravel
  - (c) Sand (d) Water
3. Which of the following is the right sequence in the triple jump? (CO2, K4)
  - (a) Step, Hop, Jump (b) Step, Jump, Hop
  - (c) Hop, Step, Jump (d) Step, Step, Jump

4. The weight of the volleyball \_\_\_\_\_. (CO2, K4)  
(a) 180-200 gm (b) 200-220 gm  
(c) 220-240 gm (d) 260-280 gm
5. The total length of the cricket bat is \_\_\_\_\_. (CO3, K4)  
(a) 38 inches (b) 34 inches  
(c) 45 inches (d) 44 inches
6. LONA points are associated with which game? (CO3, K4)  
(a) Kho-Kho (b) Kahaddi  
(c) Basketball (d) Badminton
7. A tactical component of Sports training is \_\_\_\_\_. (CO4, K5)  
(a) Planning (b) Learning  
(c) Following rules (d) Motivation
8. The ability to overcome resistance is called \_\_\_\_\_. (CO4, K5)  
(a) Dynamic strength (b) Static strength  
(c) Relative strength (d) Strength endurance
9. The range of motion through a joint is known as \_\_\_\_\_. (CO5, K6)  
(a) Stretching (b) Flexibility  
(c) Agility (d) Balance
10. A good training method for developing speed is \_\_\_\_\_. (CO5, K6)  
(a) Continuous training  
(b) Fartlek training  
(c) Short Interval training  
(d) Repetition training

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the history of ball badminton. (CO1, K2)

Or

- (b) Draw a neat diagram of Badminton court. (CO1, K2)

12. (a) List down the referees signals in volleyball and explain any two. (CO2, K4)

Or

- (b) Explain any two lead up games for kho-kho.

(CO2, K4)

13. (a) Explain the Facilities and Equipment required to conduct table tennis match. (CO3, K4)

Or

- (b) Draw a neat diagram of Table Tennis court.

(CO3, K4)

14. (a) Explain the importance of weight training.(CO4, K5)

Or

- (b) Write the need of warm - up before training.

(CO4, K5)

15. (a) List out the types of training and explain any one. (CO5, K6)

Or

- (b) Describe the key components of a weight training program for cricket players. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain about the Federation of international de volleyball (FIVB) in detail. (CO1, K2)

Or

- (b) Draw a neat diagram of Kho-Kho court and explain in basic rules. (CO1, K2)

17. (a) Explain the duties of official in cricket. (CO2, K4)

Or

- (b) Explain the duties of official in triple jump. (CO2, K4)

18. (a) Explain the fundamental skills of cricket. (CO3, K4)

Or

- (b) Explain any five attacking tactics used by the chasing team in Kho-Kho. (CO3, K4)

19. (a) Explain the methods of technical and tactical preparation in volleyball. (CO4, K5)

Or

- (b) What is sports Training? List out the principles of sports training. (CO4, K5)

20. (a) Discuss the benefits of circuit training for Kho-Kho players. (CO5, K6)

Or

- (b) How can interval training and Fartlek training be used together to improve an athlete's performance in field events? (CO5, K6)