R3775	Sub. Code 240301

DIPLOMA EXAMINATION, NOVEMBER – 2025

Third Semester

Sports Coaching for Persons with Disabilities

SPORTS TECHNOLOGY IN PERSONS WITH DISABILITY

(CBCS – 2024 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 purpose of mobility assistive technology for athletes with disabilities? (CO1, K1)

   (a) Entertainment

   (b) Enhancing quality of life

   (c) Reducing training time

   (d) Increasing competition costs

2. Why is involvement in the research and design process important for mobility assistive technology? (CO1, K1)

   (a) To reduce production costs

   (b) To reshape the future research agenda

   (c) To limit technological advancements

   (d) To decrease the number of users

3. Which of the following factors influence the design of mobility equipment? (CO2, K2)

(a) Age and gender

(b) Physical and cognitive ability

(c) Socio-economic status

(d) All of the above

4. What is one major motivation for athletes with disabilities in using mobility equipment? (CO2, K2)

(a) To enhance self-esteem

(b) To slow down the competition

(c) To increase equipment weight

(d) To reduce physical activity

5. Which of the following is NOT a factor affecting sports environments? (CO3, K3)

(a) Temperature

(b) Humidity

(c) Athlete's diet

(d) Wind speed

6. Which tool is commonly used to measure humidity in sports environments? (CO3, K3)

(a) Speedometer

(b) Hydrometer

(c) Barometer

(d) Thermometer

7. Which method is commonly used for motion analysis in sports? (CO4, K4)

(a) Goniometry (b) Thermometer

(c) Pulse oximeter (d) Altimeter

8. What is the purpose of video analysis in sports technology? (CO4, K4)

(a) To analyze movements and improve performance

(b) To reduce equipment cost

(c) To replace physical training

(d) To increase player fatigue

9. What is the primary goal of manufacturing sports materials for persons with disabilities? (CO5, K4)

(a) To increase production costs

(b) To support and enhance athletic performance

(c) To reduce sports participation

(d) To limit sports accessibility

10. Why is proper approval from organizations necessary for new sports equipment? (CO5, K4)

(a) To ensure safety and effectiveness

(b) To reduce manufacturing cost

(c) To limit the number of users

(d) To increase the product's price

Part B (5 × 5 = 25)

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

11. (a) Define mobility assistive technology. (CO1, K1)

Or

(b) Why is identifying consumer needs important in mobility assistive technology? (CO1, K1)

12. (a) List any three factors that affect the design of mobility equipment. (CO2, K2)

Or

(b) How does socio-economic status influence mobility equipment for athletes with disabilities? (CO2, K2)

13. (a) What are the key environmental factors that affect sports performance? (CO3, K3)

Or

(b) How does humidity influence an athlete's performance? (CO3, K3)

14. (a) Define the role of video analysis in sports technology. (CO4, K4)

Or

(b) List any two measurement tools used in sports analysis. (CO4, K4)

15. (a) What are the key considerations in designing sports materials for persons with disabilities? (CO5, K4)

Or

(b) Why is prototype testing important in the manufacture of sports materials? (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Explain the role of research in improving mobility assistive technology for athletes with disabilities. (CO1, K1)

Or

(b) Discuss the challenges faced in designing mobility assistive technology for different environments and cultures. (CO1, K1)

17. (a) Explain the relationship between mobility equipment design and an athlete's performance. (CO2, K2)

Or

(b) Discuss the importance of considering cognitive ability when designing mobility equipment. (CO2, K2)

18. (a) Discuss the importance of measurement tools in sports technology. (CO3, K3)

Or

(b) Explain how environmental conditions affect different sports activities. (CO3, K3)

19. (a) Explain the importance of system analysis in sports technology advancements. (CO4, K4)

Or

(b) Discuss how sports technology helps in improving athletic performance. (CO4, K4)

20. (a) Explain the process of developing sports training equipment for disabled athletes. (CO5, K4)

Or

(b) Discuss the role of organizations in approving sports equipment for persons with disabilities. (CO5, K4)

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R3776

Sub. Code
240302

DIPLOMA EXAMINATION, NOVEMBER – 2025

Third Semester

Sports Coaching For Persons With Disabilities

PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2024 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 does sports psychology focus on? (CO1, K1)
   (a) The physical strength of athletes
   (b) The mental and emotional well-being of athletes
   (c) The rules of different sports
   (d) The history of sports

2. Who benefits from sports psychology? (CO1, K1)
   (a) Only athletes
   (b) Only coaches
   (c) Athletes, coaches, and everyone involved in sports
   (d) Only sports officials

3. What is motivation in sports? (CO2, K2)
   (a) The physical strength of an athlete
   (b) The mental drive to perform and achieve goals
   (c) The amount of training an athlete does
   (d) The age of an athlete

4. What is one type of motivation in sports? (C02, K2)

(a) Financial rewards only

(b) Intrinsic motivation

(c) Time of the day

(d) Athlete's nationality

5. What does developmental psychology focus on? (CO3, K3)

(a) The growth and changes in the body

(b) The mental and emotional development of individuals over time

(c) The rules of games

(d) The diet of athletes

6. Which of the following is a theory in developmental psychology? (CO3, K3)

(a) Freud's psychodynamic theory

(b) Rules of sports

(c) Communication strategies in sports

(d) Rules of nutrition

7. What is socialization in sports? (CO4, K4)

(a) The competition between athletes

(b) The process of learning and adopting behaviours in a social context

(c) The rules of the game

(d) The physical training of athletes

8. What does sociology in sports study? (CO4, K4)

(a) The diet of athletes

(b) The social interactions and structures in sports

(c) The rules of the sport

(d) The equipment used in sports

9. What does social mobility in sports refer to? (CO5, K4)

(a) The movement of athletes between teams

(b) The ability of sports to improve one's social status

(c) The number of tournaments played

(d) The physical movement of athletes during a match

10. How does sports influence career success? (CO5, K4)

(a) It has no effect

(b) It can open up career opportunities in various fields

(c) It only helps in physical fitness

(d) It limits career options

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

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

11. (a) What is the relationship between sports psychology and other sports sciences? (CO1, K1)

Or

(b) Why is sports psychology important for athletes with disabilities? (CO1, K1)

12. (a) How does motivation influence sports performance? (CO2, K2)

Or

(b) What are the different types of motivation that can affect an athlete's performance? (CO2, K2)

13. (a) What is the nature versus nurture debate in developmental psychology? (CO3, K3)

Or

(b) How do social and communication skills develop in athletes with disabilities? (CO3, K3)

14. (a) How does gender influence sports participation and socialization in disability sports? (CO4, K4)

Or

(b) Why is it important to understand social discrimination in sports? (CO4, K4)

15. (a) How does sports contribute to breaking down social barriers for people with disabilities? (CO5, K4)

Or

(b) In what ways can sports create educational opportunities for athletes with disabilities? (CO5, K4)

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

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

16. (a) Discuss the historical development and scope of exercise and sports psychology. (CO1, K1)

Or

(b) Explain how sports psychology benefits athletes, coaches, and others in a sports setting, particularly in the context of disability sports. (CO1, K1)

17. (a) Discuss the meaning, definition, and structure of personality in sports. (CO2, K2)

Or

(b) Explain the relationship between motivation and goal setting in sports. How can these concepts be applied to athletes with disabilities? (CO2, K2)

18. (a) Discuss the key theories in developmental psychology, focusing on Freud's and Erikson's perspectives. (CO3, K3)

Or

(b) Explain the concepts of continuity and discontinuity in psychological development. (CO3, K3)

19. (a) Discuss the role of sociology in sports. How does it help in understanding the social dynamics of athletes, particularly in disability sports? (CO4, K4)

Or

(b) How can we improve inclusion in sports? (CO4, K4)

20. (a) Discuss how sports contribute to social mobility and career success, especially for athletes with disabilities. (CO5, K4)

Or

(b) Explain the relationship between sports and social integration. (CO5, K4)

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R3777	Sub. Code
	240303

DIPLOMA EXAMINATION, NOVEMBER – 2025

Third Semester

Sports Coaching For Persons With Disabilities

KINESIOLOGY AND BIOMECHANICS

(CBCS – 2024 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. An axis dividing the body into right and left half is (CO1, K2)

   (a) Sagittal axis (b) Frontal axis

   (c) Transverse axis (d) Horizontal axis

2. The equilibrium is good when the line of gravity is (CO1, K2)

   (a) shortest (b) longest

   (c) at an angle (d) O-degree

3. The term "torque" is associated with (CO2, K3)

   (a) all-or-none law (b) reciprocal innervation

   (c) angle of pull (d) stretching (PNF)

4. Freely movable Joint is (CO2, K2)

   (a) Knee Joint (b) Shoulder Joint

   (c) Vertebral Joint (d) Sacral Joint

5. The full crum is positioned between effort and load in (CO3, K2)

(a) First order lever

(b) Second order lever

(c) Third order lever

(d) Reverse Second order lever

6. The factors influencing projectile is (CO3, K3)

(a) Angle of launch (b) Gravity

(c) Air resistance (d) All of the above

7. A study of mechanics that deals with the study of forces is called (CO4, K2)

(a) Kinematics (b) Kinetics

(c) Iso Kinetics (d) Isotonics

8. An objects resistance to any change in its state of motion is called (CO4, K3)

(a) Mass (b) Inertia

(c) Stability (d) Velocity

9. An common software used for video analysis is (CO5, K2)

(a) Kinemaster (b) Kinovea

(c) Inshot (d) None

10. Most common technique used for analysis weight bearing and distribution is (CO5, K3)

(a) Kinovea

(b) Balance platform

(c) Motion analysis

(d) PET

Part B (5 × 5 = 25)

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

11. (a) Brief-out fundamental movements. (CO1, K1)

Or

(b) Brief-out axes and planes. (CO1, K2)

12. (a) Discuss the importance of good posture. (CO2, K2)

Or

(b) Mention the types of muscle contraction. (CO2, K3)

13. (a) Brief out the types of levers. (CO3, K2)

Or

(b) Mention the factors influencing the projectile trajectory. (CO3, K2)

14. (a) Discuss displacement speed and acceleration. (CO4, K2)

Or

(b) Brief out the Newton's law's of motion. (CO4, K3)

15. (a) Brief out the importance of motion analysis techniques. (CO5, K3)

Or

(b) Brief out the importance of balance platform analysis techniques. (CO5, K3)

Part C (5 × 8 = 40)

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

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

Or

(b) Explain the importance of centre of gravity, line of gravity, equilibrium and base of support. (CO1, K2)

17. (a) Explain the classification of Joints. (CO2, K2)

Or

(b) Explain the variations in good posture. (CO2, K3)

18. (a) Define force. Explain its type and application in sports. (CO3, K2)

Or

(b) Define motion. Explain its application in sports. (CO3, K2)

19. (a) Explain kinetics and kinematics in detail. (CO4, K2)

Or

(b) Explain angular distance, displacement and speed with reference to kinematics. (CO4, K3)

20. (a) Explain the techniques in analying sprint events. (CO5, K3)

Or

(b) Explain the techniques in analysing contact games. (CO5, K3)

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R3778

Sub. Code
2403E2

DIPLOMA EXAMINATION, NOVEMBER – 2025

Third Semester

Sports coaching for persons with Disabilities

Elective : LEADERSHIP AND SOCIAL WELFARE

(CBCS – 2024 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. NYK stands for : (CO1, K1)

   (a) Nehur yuva kendra

   (b) National youth knowledge

   (c) New youth kendra

   (d) National youth kids

2. Which of the following promotes youth leadership through sports? (CO1, K1)

   (a) NCC

   (b) NSS

   (c) NGO

   (d) All of the above

3. Camping refers to : (CO2, K1)

(a) Staying in hotels

(b) Outdoor living in tents

(c) Playing indoors

(d) Watching movies

4. Which is NOT a type of camp? (CO2, K2)

(a) Leadership camp

(b) Cultural camp

(c) Industrial camp

(d) Trekking camp

5. Campfire in a camp programme mainly encourages : (CO3, K2)

(a) Social bonding

(b) Cooking skills only

(c) Sleeping habits

(d) Indoor play

6. A cook-out during camp means : (CO3, K1)

(a) Cooking meals in open air

(b) Cooking at restaurants

(c) Ordering food

(d) Eating packed food

7. Citizenship training during camp mainly develops : (CO4, K2)

(a) Law and order only

(b) Social responsibility

(c) Entertainment

(d) Adventure

8. Treasure Hunt activity develops : (CO4, K2)

(a) Team spirit

(b) Individualism

(c) Fear of failure

(d) Only leadership

9. Leadership activities contribute to : (CO5, K1)

(a) Isolation

(b) Only sports skills

(c) Physical injuries

(d) Personality development

10. Social welfare through leadership means : (CO5, K2)

(a) Helping only friends

(b) Contributing to society

(c) Ignoring others

(d) Supporting business

Part B (5 × 5 = 25)

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

11. (a) Apply the role of NSS and NCC in promoting youth leadership. (CO1, K3)

Or

(b) Analyze how NGos support leadership through sports. (CO1, K4)

12. (a) Apply the principles of camp planning to organize a leadership camp. (CO2, K3)

Or

(b) Analyze the significant of administrative issues in camp management. (CO2, K4)

13. (a) Apply your knowledge to design a simple campfire activity for para-athletes. (CO3, K3)

Or

(b) Analyze the importance of contests and stunts in developing leadership skills. (CO3, K4)

14. (a) Apply the role of trekking and hiking in character development. (CO4, K3)

Or

(b) Analyze how mock games prepare individuals for real-life-leadership. (CO4, K4)

15. (a) Apply leadership activities to improve social welfare in rural areas. (CO5, K3)

Or

(b) Analyze the contribution of leadership in breaking social barriers. (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Analyze the role of youth leadership programs in building social responsibility. (CO1, K4)

Or

(b) Evaluate the contribution of NYK in empowering rural youth. (CO1, K5)

17. (a) Analyze the importance of different types of camps in leadership development. (CO2, K4)

Or

(b) Create a detailed plan for a 5-day leadership camp for para-athletes. (CO2, K6)

18. (a) Analyze the effectiveness of camp programmes in developing teamwork. (CO3, K4)

Or

(b) Evaluate the role of campfire ad cook-outs in promoting social inclusion. (CO3, K5)

19. (a) Analyze the leadership qualities developed though trekking and hiking. (CO4, K4)

Or

(b) Create a mock game activity for citizenship training. (CO4, K6)

20. (a) Evaluate the role of leadership activities in personality development. (CO5, K5)

Or

(b) Create a model leadership programme for social welfare. (CO5, K6)

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