

R4331

Sub. Code

25DSC1C1

DIPLOMA EXAMINATION, NOVEMBER – 2025

First Semester

Sports Coaching for Persons with Disabilities

HISTORY OF SPORTS COACHING

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Paralympic Games are mainly organized for (CO1, K1)
 - (a) Senior citizens
 - (b) Athletes with physical disabilities
 - (c) Only women athletes
 - (d) Coaches

2. The motto of Paralympics is: (CO1, K1)
 - (a) Spirit in Motion
 - (b) Faster, Higher, Stronger
 - (c) Sports for All
 - (d) Unity in Diversity

3. The most important role of a coach in para-sports is: (CO2, K2)
 - (a) Motivating and training athletes
 - (b) Selling tickets
 - (c) Award distribution
 - (d) Stadium repair

4. Education through para-sports mainly emphasizes: (CO2, K2)
- (a) Inclusion and life skills
 - (b) Tourism promotion
 - (c) Ticketing
 - (d) Media advertising
5. The first official Paralympic Games were held in: (CO3, K1)
- (a) 1948 London
 - (b) 1980 Moscow
 - (c) 1960 Rome
 - (d) 2000 Sydney
6. The founder of Special Olympics was: (CO3, K1)
- (a) Ludwig Guttmann
 - (b) Eunice Kennedy Shriver
 - (c) Pierre de Coubertin
 - (d) Nelson Mandela
7. India's highest sports award is: (CO4, K1)
- (a) Arjuna Award
 - (b) Major Dhyan Chand Khel Ratna
 - (c) Dronacharya Award
 - (d) Bharat Ratna
8. TOPS (Target Olympic Podium Scheme) supports: (CO4, K2)
- (a) Film industry
 - (b) Para-athletes
 - (c) Farmers
 - (d) Tourists
9. IPC stands for: (CO5, K1)
- (a) International Paralympic Committee
 - (b) Indian Player's Council
 - (c) International Physical Culture
 - (d) International Para Coaches
10. Headquarters of IPC is located at: (CO5, K1)
- (a) New Delhi
 - (b) Tokyo, Japan
 - (c) Paris, France
 - (d) Bonn, Germany

Part B

(5 × 5 = 25)

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

11. (a) Apply your knowledge to explain the objectives of Paralympic, Special Olympic, and Deaflympic Sports. (CO1, K3)

Or

- (b) Analyze the importance of these sports in creating opportunities for disabled athletes. (CO1, K4)

12. (a) Apply the role of a coach in motivating para-athletes with examples. (CO2, K3)

Or

- (b) Analyze the challenges coaches face in para-sports training. (CO2, K4)

13. (a) Apply your knowledge to show the development of Paralympics in India. (CO3, K3)

Or

- (b) Analyze the differences in historical growth of Paralympics and Special Olympics. (CO3, K4)

14. (a) Apply examples to explain how government schemes help para-athletes. (CO4, K3)

Or

- (b) Analyze the role of awards in building para-athletes' confidence. (CO4, K4)

15. (a) Apply institutional examples to show how para-sports are promoted in India. (CO5, K3)

Or

- (b) Analyze the role of international organizations in promoting para-sports. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Analyze how Paralympic Sports break social barriers of disability. (CO1, K4)
Or
(b) Evaluate the overall impact of Paralympic, Special, and Deaflympic Sports on society. (CO1, K5)
17. (a) Analyze the responsibilities of coaches in promoting ethical participation. (CO2, K4)
Or
(b) Create a model training plan for a para-athlete in wheelchair badminton. (CO2, K6)
18. (a) Analyze the international development of Paralympics. (CO3, K4)
Or
(b) Evaluate the influence of Deaflympics on athletes with hearing impairments. (CO3, K5)
19. (a) Evaluate the effectiveness of national sports schemes for para-athletes. (CO4, K5)
Or
(b) Create a new award scheme proposal for para-athletes at the state level. (CO4, K6)
20. (a) Analyze how international institutions collaborate to promote para-sports. (CO5, K4)
Or
(b) Create a framework for cooperation between Indian and international para-sports bodies. (CO5, K6)

R4332

Sub. Code

25DSC1C2

DIPLOMA EXAMINATION, NOVEMBER – 2025

First Semester

Sports Coaching for Persons with Disabilities

FOUNDATIONS OF SPORTS COACHING

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Sports Coaching for persons with disabilities is mainly linked to: (CO1, K1)
 - (a) Pedagogy, Psychology, Sociology, and Statistics
 - (b) Architecture and Engineering
 - (c) Economics and Commerce
 - (d) Tourism and Hospitality

2. The primary aim of sports coaching for persons with disabilities is: (CO1, K2)
 - (a) To reduce sports opportunities
 - (b) To restrict multi-sport events
 - (c) To maximize potential and advocate
 - (d) To focus only on tourism

3. Planning in coaching involves: (CO2, K2)
 - (a) Only award distribution
 - (b) Stadium construction
 - (c) Developing training programs
 - (d) Ticket sales

4. Evaluating in coaching refers to: (CO2, K2)
(a) Delivering training
(b) Modifying programs after assessment
(c) Conducting games
(d) Recruiting athletes
5. “Athletic Heart” refers to: (CO3, K1)
(a) Normal heart with low function
(b) Enlarged heart due to athletic training
(c) Weak heart
(d) Heart disease
6. Reciprocal innervation is related to: (CO3, K1)
(a) Muscle contraction and relaxation
(b) Digestion process
(c) Eye function only
(d) Blood pressure control
7. The study of growth and development includes: (CO4, K2)
(a) Body types and stages
(b) Game rules only
(c) Awards and honours
(d) Coaching psychology alone
8. Which stage is characterized by rapid growth changes?
(CO4, K1)
(a) Pre-adolescence (b) Old age
(c) Adulthood (d) Adolescence
9. Trial and Error theory was proposed by: (CO5, K1)
(a) Skinner (b) Thorndike
(c) Kohler (d) Pavlov
10. “Law of Effect” in learning means: (CO5, K2)
(a) Practice makes perfect
(b) Responses followed by satisfaction are strengthened
(c) Responses weaken with repetition
(d) Learning is not transferable

Part B

(5 × 5 = 25)

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

11. (a) Apply the role of Psychology and Sociology in para-sports coaching. (CO1, K3)

Or

- (b) Analyze the importance of pedagogy in training athletes with disabilities. (CO1, K4)

12. (a) Apply the steps of planning in designing a weekly training schedule. (CO2, K3)

Or

- (b) Analyze the difference between conducting and evaluating in coaching. (CO2, K4)

13. (a) Apply physiological traits (muscle tone, vital capacity) to para-sports training. (CO3, K3)

Or

- (b) Analyze the significance of hereditary traits in athlete performance. (CO3, K4)

14. (a) Apply knowledge of body types to suggest suitable sports events. (CO4, K3)

Or

- (b) Analyze the differences in growth between boys and girls during adolescence. (CO4, K4)

15. (a) Apply Trial and Error theory in teaching a new skill to para-athletes. (CO5, K3)

Or

- (b) Analyze the importance of Transfer of Learning in sports coaching. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Analyze how statistical foundations help in evaluating athletes' performance. (CO1, K4)

Or

- (b) Evaluate the role of psychology in motivating para-athletes. (CO1, K5)

17. (a) Analyze how short-term and long-term planning differ in sports coaching. (CO2, K4)

Or

- (b) Create a model yearly training program for para-athletes. (CO2, K6)

18. (a) Analyze the role of physiological traits in the success of elite athletes. (CO3, K4)

Or

- (b) Evaluate the effect of reflex arc and vital capacity on sports performance. (CO3, K5)

19. (a) Analyze the stages of growth and development in adolescence. (CO4, K4)

Or

- (b) Create a chart for classification of body types with suitable examples. (CO4, K6)

20. (a) Evaluate the importance of Laws of Learning in para-sports training. (CO5, K5)

Or

- (b) Create a coaching module based on different learning theories. (CO5, K6)

R4333

Sub. Code

25DSC1C3

DIPLOMA EXAMINATION, NOVEMBER – 2025

First Semester

Sports Coaching for Persons with Disabilities

ANATOMY AND PHYSIOLOGY

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. The basic building blocks of all living things is (CO1, K2)
(a) Tissue (b) Cell
(c) Mitochondria (d) Cytoplasm
2. The group of cell form a (CO1, K3)
(a) Cytoplasm (b) Tissue
(c) Nucleus (d) Centriole
3. Longest bone (CO2, K2)
(a) Humerus (b) Femur
(c) Tibia (d) Fibula
4. Middle part of the bone is called (CO2, K1)
(a) Epiphysis (b) Diaphysis
(c) Neurophysis (d) Metaphysis

5. The location of heart is at (CO3, K3)
(a) Abdomen (b) Endocardium
(c) Mediastinum (d) Mediastasis
6. Total red blood cell count is (CO3, K2)
(a) 100000 to 150000 cells
(b) 400000 to 500000 cells
(c) 1000000 cells
(d) 11000 cells
7. The master gland is called as (CO4, K3)
(a) Pituitary gland
(b) Pancreatic gland
(c) Parathyroid gland
(d) Adrenal gland
8. The function related to eye and its presentation is seen in
_____ brain (CO4, K1)
(a) Frontal lobe (b) Parietal lobe
(c) Temporal lobe (d) Occipital lobe
9. The secretion of liver is called (CO5, K1)
(a) Biel Juice (b) Bile Juice
(c) Beil Juice (d) Byle Juice
10. The GFR is (CO5, K3)
(a) Glomerular Fraction Rate
(b) Glomerular Filtration Formula
(c) Glomerular Filtration Rate
(d) Glomerular Fraction Formula

Part B

(5 × 5 = 25)

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

11. (a) Discuss the types of tissues. (CO1, K2)

Or

- (b) Mention the functions of blood. (CO1, K3)

12. (a) Mention the major human joints. (CO2, K1)

Or

- (b) Draw the structure of the muscle. (CO2, K4)

13. (a) Mention the functions of brain. (CO3, K3)

Or

- (b) Mention the Lung volumes and capacities. (CO3, K3)

14. (a) Brief-out the classification of bones. (CO4, K1)

Or

- (b) Brief-out the functions of thyroid gland. (CO4, K1)

15. (a) Draw the diagram of respiratory system and label its parts. (CO5, K4)

Or

- (b) Draw the urinary tract and brief-out the formation of urine. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain in detail about cell and its organelles with a neat diagram. (CO1, K3)

Or

- (b) Explain the types of epithelial tissues. (CO1, K2)

17. (a) Classify bone. Mention the general features of a bone and brief out the type of joints. (CO2, K3)

Or

- (b) Explain the general characteristics of muscle. (CO2, K3)

18. (a) Explain the pulmonary circulation in detail. (CO3, K4)

Or

- (b) Explain the functions of respiratory system. (CO3, K2)

19. (a) Draw the diagram of brain. Explain the functions of cerebral cortex. (CO4, K4)

Or

- (b) Brief-out tongue and skin. (CO4, K2)

20. (a) Draw the diagram of liver and explain the functions. (CO5, K4)

Or

- (b) Explain the structure of kidney in details. (CO5, K3)

R4334

Sub. Code

25DSC1E2

DIPLOMA EXAMINATION, NOVEMBER – 2025

First Semester

Sports Coaching for Persons with Disabilities

Elective – HEALTH EDUCATION

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Meaning of infirmity is (CO1, K2)
(a) Being Healthy (b) Geriatric Health
(c) Diseases (d) Tiredness
2. Which of the following is not a personal hygiene factor (CO1, K3)
(a) Bathing (b) Hand wash
(c) Toileting (d) Laughing
3. Tetanus is caused by (CO2, K2)
(a) Salmonella (b) Clostridium
(c) Influenza (d) Vibrox
4. Typhoid is caused by (CO2, K2)
(a) Salmonella (b) Flu
(c) Plasmodium (d) Zoster

5. Average requirement of calories for an adult female is (CO3, K3)
- (a) 1200 to 1600 calories
 - (b) 1600 to 2400 calories
 - (c) 1500 to 1800 calories
 - (d) 800 to 1400 calories
6. World health organization was established in (CO3, K3)
- (a) 1958
 - (b) 1938
 - (c) 1948
 - (d) 1968
7. The common type of bandaging technique is (CO4, K3)
- (a) 'C' type
 - (b) Loop type
 - (c) Figure of B
 - (d) Harness type
8. Abrasion injury means (CO4, K2)
- (a) Injury to dermis of skin
 - (b) Injury to epidermis of skin
 - (c) Injury to muscle
 - (d) Injury to bone
9. Cryotherapy means (CO5, K3)
- (a) Using hot water
 - (b) Using cold water or ice
 - (c) Using plain water and chill water
 - (d) Using steam / vapor
10. In "033" principle the last 3 stands for (CO5, K3)
- (a) Every three hours
 - (b) Every three minutes
 - (c) First three days
 - (d) First three hours

Part B

(5 × 5 = 25)

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

11. (a) Discuss mental health. (CO1, K2)

Or

- (b) Brief-out occupational health. (CO1, K3)

12. (a) Causative agent, mode of transmission, symptoms of malaria. (CO2, K1)

Or

- (b) Causative agent, mode of transmission, symptoms of poliomyelitis. (CO2, K4)

13. (a) Brief-out balanced diet. (CO3, K3)

Or

- (b) Mention the functions of WHO. (CO3, K3)

14. (a) Brief-out PRICE therapy. (CO4, K1)

Or

- (b) Brief-out the diagnostic tools in injury management. (CO4, K1)

15. (a) General first aid for fracture. (CO5, K4)

Or

- (b) Modes and application of cryotherapy. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain in factors influencing health. (CO1, K3)

Or

(b) Explain personal hygiene. (CO1, K2)

17. (a) Explain diabetes mellitus. (CO2, K3)

Or

(b) Explain hypertension. (CO2, K3)

18. (a) Explain food adulteration. (CO3, K4)

Or

(b) Explain school health programme. (CO3, K2)

19. (a) Discuss the classification of wounds. (CO4, K4)

Or

(b) Explain the first aid for open wounds. (CO4, K2)

20. (a) Modes and application of thermotherapy. (CO5, K4)

Or

(b) Explain the cardio-pulmonary resuscitation.
(CO5, K3)