

**R3768**

**Sub. Code**

**811301**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2025**

**Third Semester**

**Physical Education**

**SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**(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. Which of the following is NOT a characteristic of effective sports training? (CO1, K4)
  - (a) Systematic approach
  - (b) Focus on individual fitness
  - (c) Random and inconsistent scheduling
  - (d) Progressive overload
  
2. Which of the following describes the adaptation process of overload? (CO1, K4)
  - (a) Continuous decline in performance
  - (b) The body responds to excessive stress, followed by recovery and super compensation
  - (c) Immediate and permanent increase in strength and endurance
  - (d) No change in the athlete's performance after training

3. What type of strength training method involves contracting muscles without any visible movement of the joint? (CO2, K4)
- (a) Isometric training (b) Isotonic training  
(c) Circuit training (d) Plyometrics
4. The Fartlek training method primarily improves which aspect of fitness? (CO2, K4)
- (a) Speed (b) Strength  
(c) Endurance (d) Flexibility
5. Which method of flexibility training involves using specialised equipment to provide resistance during movement? (CO3, K4)
- (a) Stretch and Hold Method  
(b) Iso Kinetic Method  
(c) Ballistic Method  
(d) Plyometric Training
6. The “Variation in Movement Execution” method in training aims to improve which ability? (CO3, K4)
- (a) Strength (b) Flexibility  
(c) Endurance (d) Coordination
7. Which of the following best describes single periodization? (CO4, K4)
- (a) One training cycle with multiple performance peaks within the same year  
(b) A single, long-term training period with one peak performance goal  
(c) The planning of training for multiple years to peak for different seasons  
(d) A model focusing exclusively on recovery and transition periods

8. In periodization. what happens to the training volume and intensity during the competition period? (CO4, K4)
- (a) Both volume and intensity increase to peak performance
  - (b) Volume decreases. and intensity increases to maximize performance
  - (c) Both volume and intensity decrease to avoid overtraining
  - (d) Volume remains high. and intensity remains low
9. What is a major problem in drug detection for anti-doping organizations? (CO5, K4)
- (a) The complexity of testing for substances that mimic natural hormones
  - (b) The limited number of testing centres available globally
  - (c) The difficult' in distinguishing between over-the-counter drugs and banned substances
  - (d) The effectiveness of current doping control methods
10. What is blood doping? (CO5, K4)
- (a) A legal method of improving oxygen-carrying capacity
  - (b) A safe and effective way to boost athletic performance
  - (c) The practice of artificially increasing the number of red blood cells
  - (d) A type of nutritional supplement

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the aims and characteristics of sports training. (CO1, K4)

Or

- (b) Explain the principles of overload and its application in sports training. (CO1, K4)

12. (a) Discuss the different types of strength with examples of each. (CO2, K4)

Or

- (b) Explain fartlek training with example. (CO2, K4)

13. (a) What are the types of stretching exercises used in sports training? Provide examples for each type. (CO3, K4)

Or

- (b) Explain the need and importance of coordinative abilities in sports. (CO3, K4)

14. (a) Define a Training Plan in sports training. What are the key components that should be included in a training plan? (CO4, K5)

Or

- (b) What is the meaning of periodization. How its help during game period? (CO4, K5)

15. (a) Define doping in sports. Why is it considered unethical and dangerous for athletes? (CO5, K6)

Or

- (b) Discuss the role of over-the-counter (OTC) drugs in sports. (CO5, K6)

**Part C** (5 × 8 = 40)

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

16. (a) Elaborate on the aims and principles of sports training. Provide practical examples for each principle. (CO1, K4)

Or

- (b) Describe about the Training load and importance of training load. (CO1, K4)

17. (a) Briefly explain about Weight Training and circuit training and its benefits. (CO2, K4)

Or

- (b) Describe the Continuous Method and Interval Method of endurance training. (CO2, K4)

18. (a) Explain about Ballistic Method of stretching. And give the following :

- (i) Example of stretching  
(ii) Risk of method used incorrectly. (CO3, K4)

Or

- (b) Discuss the Combination of Movement Method for improving coordination. How does this method enhance an athlete's overall movement efficiency? (CO3, K4)

19. (a) Briefly explain about the training plans. (CO4, K5)

Or

(b) Give the differentiation of preparatory and transition period. (CO4, K5)

20. (a) Explain in detail the side effects of performance-enhancing drugs used in sports. (CO5, K6)

Or

(b) Explain the roles of WADA and NADA in regulating and monitoring doping in sports. (CO5, K6)

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**R3769**

**Sub. Code**

**811302**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2025**

**Third Semester**

**Physical Education**

**SPORTS MEDICINE**

**(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. CPR stand for \_\_\_\_\_ (CO1, K4)
  - (a) Cardiac Pulmonary Resuscitation
  - (b) Cardio Pulmonary Resuscitation
  - (c) Cardiac Pulse Response
  - (d) Cardio Vascular Resuscitation
  
2. Which of the following is used to reduce swelling in an acute injury? (CO1, K4)
  - (a) Stretching
  - (b) Massage
  - (c) Heat
  - (d) Ice
  
3. The type of exercise involves contracting muscles without changing their length is \_\_\_\_\_ (CO2, K4)
  - (a) Static
  - (b) Dynamic
  - (c) Isotonic
  - (d) Isometric

4. National Anti-Doping Agency (India) was established in the year \_\_\_\_\_ (CO2, K4)
- (a) 2001 (b) 2005  
(c) 2007 (d) 2009
5. Which sport causes the most head injuries? (CO3, K4)
- (a) Football (b) Cycling  
(c) Baseball (d) Cricket
6. The cervical spine's range of motion is \_\_\_\_\_ (CO3, K4)
- (a) 70° to 80° (b) 80° to 90°  
(c) 50° to 80° (d) 60° to 80°
7. Which of these is a common injury to a shoulder? (CO4, K5)
- (a) Frozen Shoulder (b) Rotator Cuff injury  
(c) Dislocation (d) Tendonitis
8. Objective of Grade III and IV joint mobilization \_\_\_\_\_ (CO4, K5)
- (a) Pain relief  
(b) Joint stabilization  
(c) Increase range of motion  
(d) Muscle strengthening
9. Swelling, bruising, and inability to bear weight are common symptoms of \_\_\_\_\_ (CO5, K6)
- (a) Patellar Tendinitis  
(b) Ankle Sprain  
(c) Shoulder Dislocation  
(d) Abdominal Muscle Strain

10. To help reduce swelling from an abdominal muscle strain  
\_\_\_\_\_ (CO5, K6)
- (a) Elevation                      (b) Compression  
(c) Heat therapy                  (d) Increased activity

**Part B** (5 × 5 = 25)

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

11. (a) Explain about gait training. (CO1, K4)

Or

- (b) Define about aquatic therapy. (CO1, K4)

12. (a) Write short notes on jackupson deep relaxation. (CO2, K4)

Or

- (b) What is the meaning of personal hygiene. (CO2, K4)

13. (a) What are the equipment of spine injuries and their usage. (CO3, K4)

Or

- (b) Write the causes and symptoms of neck injurie. (CO3, K4)

14. (a) Define about breathing exercise. (CO4, K5)

Or

- (b) Write the relaxation techniques on fingers. (CO4, K5)

15. (a) What is the treatment procedure for knee injury. (CO5, K6)

Or

- (b) What is the purpose of data collection in sports injury? (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) What is the need and importance sports medicine. (CO1, K4)
- Or
- (b) Explain the following exercise.  
(i) Co-ordination  
(ii) Balance training  
(iii) Mobilization. (CO1, K4)
17. (a) Describe about the principles of rehabilitation. (CO2, K4)
- Or
- (b) Briefly explain about the doping and prevention. (CO2, K4)
18. (a) Discuss about the treatment and prevention of neck and spine. (CO3, K4)
- Or
- (b) What are the supporting and aiding techniques head, neck and spine? (CO3, K4)
19. (a) Write about the causes, symptoms and treatment of rip fracture. (CO4, K5)
- Or
- (b) Explain about the mobilization of joints. (CO4, K5)
20. (a) Write short notes on : (CO5, K6)  
(i) Abdominal wall  
(ii) Abdominal muscle strain.
- Or
- (b) What are the stretching and strengthening of lower limb injuries. (CO5, K6)
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**R3770**

**Sub. Code**

**811303**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2025**

**Third Semester**

**Physical Education**

**HEALTH EDUCATION AND SPORTS NUTRITION**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. What is the primary goal of health education? (CO1, K4)
  - (a) To cure diseases
  - (b) To promote and maintain health
  - (c) To sell health products
  - (d) To provide medical treatment
  
2. The preservation of the health of the individual is \_\_\_\_\_.  
(CO1, K4)
  - (a) Public health
  - (b) Mental health
  - (c) Community health
  - (d) Personal hygiene
  
3. The non-communicable disease is \_\_\_\_\_.  
(CO2, K4)
  - (a) Influenza
  - (b) Tuberculosis
  - (c) Malaria
  - (d) Diabetes

4. Ingestion of the \_\_\_\_\_ via contaminated food or water. (CO2, K4)
- (a) Virus (b) Fungi  
(c) Bacteria (d) Protozoa
5. What does proper respiratory hygiene involve? (CO3, K4)
- (a) Holding in a sneeze  
(b) Coughing into hands  
(c) Using tissues to cover nose and mouth  
(d) Breathing close to others
6. The Malnutrition is a condition that is caused by the \_\_\_\_\_. (CO3, K4)
- (a) Lack of essential nutrient  
(b) Over essential nutrient  
(c) Micronutrition  
(d) Malnutrition
7. What is the primary source of energy for athletes during high-intensity activities? (CO4, K5)
- (a) Proteins (b) Carbohydrates  
(c) Fats (d) Vitamins
8. Fat is completely digested in the \_\_\_\_\_. (CO4, K5)
- (a) Stomach (b) Mouth  
(c) Small Intestine (d) Large Intestine
9. The Hypertension stage II is \_\_\_\_\_. (CO5, K6)
- (a) 140 mmHg and 90 mmHg  
(b) 120 mmHg and 80 mmHg  
(c) 110 mmHg and 70 mmHg  
(d) 160 mmHg and 100 mmHg

10. What does BMI stand for? (CO5, K6)
- (a) Body Mass Index
  - (b) Body Measurement Indicator
  - (c) Body Muscle Index
  - (d) Body Mass Indicator

**Part B**

(5 × 5 = 25)

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

11. (a) Write the meaning of health supervision. (CO1, K4)

Or

- (b) Write about health care during camp. (CO1, K4)

12. (a) Write short note on adulteration in food. (CO2, K4)

Or

- (b) Write down the skin care health services. (CO2, K4)

13. (a) What are the ways to maintain personal hygiene? Explain. (CO3, K4)

Or

- (b) Write the meaning of UNIESCO. (CO3, K4)

14. (a) What is the meaning of sports nutrition? Explain. (CO4, K5).

Or

- (b) What is micronutrients? Explain the types and benefit. (CO4, K5)

15. (a) Write the concept of BMI. (CO5, K6)

Or

- (b) Explain the role of diet in weight management. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the concept and dimensions of health.  
(CO1, K4)

Or

- (b) Outline the aim and objectives of health education.  
(CO1, K4)

17. (a) Differentiate between communicable and non-communicable disease.  
(CO2, K4)

Or

- (b) Elaborate the objectives of school health service.  
(CO2, K4)

18. (a) List out the types of hygiene and explain any two.  
(CO3, K4)

Or

- (b) List down the health agencies and organisations any three.  
(CO3, K4)

19. (a) Describe the role of nutrition in sports. (CO4, K4)

Or

- (b) Construct the role of micronutrients during exercise.  
(CO4, K5)

20. (a) Design diet plan for weight gain and loss.  
(CO5, K6)

Or

- (b) Discuss about the obesity and its hazards.  
(CO5, K6)

**R3771**

**Sub. Code**

**811505**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER – 2025**

**Third Semester**

**Physical Education**

**Elective – PHYSICAL FITNESS AND WELLNESS**

**(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 definition of physical fitness? (CO1, K4)
  - (a) The ability to perform work and activities with ease
  - (b) The condition of being mentally sound
  - (c) The ability of the body systems to work together efficiently
  - (d) The state of complete social well-being
  
2. Which component of physical fitness is related to the heart and lungs? (CO1, K4)
  - (a) Cardiorespiratory Endurance
  - (b) Muscular Strength
  - (c) Flexibility
  - (d) Body Composition
  
3. What is wellness? (CO2, K4)
  - (a) The state of complete physical fitness
  - (b) The state of being free from illness
  - (c) The ability to perform daily activities without fatigue
  - (d) The active process of becoming aware of and making choices toward a healthy and fulfilling life

4. How does regular participation in recreational activities benefit mental health? (CO2, K4)
- (a) Reduces anxiety and depression
  - (b) Increases stress levels
  - (c) Decreases social interactions
  - (d) Promotes isolation Why is a cool down important after exercise
5. What is a common physiological response during aerobic exercise? (CO3, K4)
- (a) Decreased heart rate
  - (b) Reduced oxygen intake
  - (c) Increased heart rate and respiration
  - (d) Decreased blood flow to muscles
6. How can you measure the intensity of aerobic exercise? (CO3, K4)
- (a) By the amount of weight lifted
  - (b) By monitoring heart rate
  - (c) By the length of rest periods
  - (d) By the number of repetitions
7. Which type of muscle fibers are primarily engaged during anaerobic exercise? (CO4, K5)
- (a) Slow-twitch muscle fibers
  - (b) Smooth muscle fibers
  - (c) Fast-twitch muscle fibers
  - (d) Cardiac muscle fibers
8. What is muscle hypertrophy? (CO4, K5)
- (a) Decrease in muscle size
  - (b) Increase in muscle size
  - (c) Decrease in muscle endurance
  - (d) Increase in muscle flexibility

9. What is a benefit of regular flexibility training? (CO5, K6)
- (a) Increased muscle fatigue
  - (b) Reduced energy levels
  - (c) Decreased athletic performance
  - (d) Improved joint health and function
10. Which is a safe practice for flexibility exercises? (CO5, K6)
- (a) Stretching a cold muscle
  - (b) Stretching to the point of pain
  - (c) Holding each stretch for 15-60 seconds
  - (d) Bouncing during stretches

**Part B** (5 × 5 = 25)

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

11. (a) Write the 'Meaning' and 'Definition' of physical fitness. (CO1, K4)
- Or
- (b) Write the physical fitness concepts and techniques. (CO1, K4)
12. (a) Write the importance of wellness. (CO2, K4)
- Or
- (b) Write the characterizes and importance of recreation. (CO2, K4)
13. (a) Write the stage of progression in aerobic exercise. (CO3, K4)
- Or
- (b) Write the advantages and benefits of cardio respiratory activities. (CO3, K4)
14. (a) Write about the types of resistance training. (CO4, K5)
- Or
- (b) Write the safety techniques for resistance training. (CO4, K5)

15. (a) Describe static stretching and its benefits. (CO5, K6)

Or

- (b) Write the role of relaxation exercises in managing stress. (CO5, K6)

**Part C** (5 × 8 = 40)

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

16. (a) Write the physiological principles involved in the human movement. (CO1, K4)

Or

- (b) Explain how the community be encouraged to participate in physical activities. (CO1, K4)

17. (a) Explain the relationship between physical activity and lifelong wellness. (CO2, K4)

Or

- (b) Briefly write the recreation programme for middle age people. (CO2, K4)

18. (a) Discuss the significance of cardio respiratory activities in maintaining overall health. (CO3, K4)

Or

- (b) Write the assessment of cardio respiratory fitness and give example. (CO3, K4)

19. (a) Briefly write about principles of resistance training. (CO4, K5)

Or

- (b) Explain the advanced techniques of weight training. (CO4, K5)

20. (a) Discuss the physiological effects of relaxation exercises and their impact on overall health. (CO5, K6)

Or

- (b) Explain the various types of flexibility exercises and provide examples for each. (CO5, K6)