

**R3764**

**Sub. Code**

**721301**

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

**Third Semester**

**Physical Education**

**SPORTS TRAINING**

**(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. Best method to develop flexibility is. (CO1, K2)
  - (a) Ballistic method
  - (b) Slow method
  - (c) Slow stretching and holding method
  - (d) Relaxation method
  
2. Which of the following does not include the principles of sports training? (CO1, K2)
  - (a) Economy of movement
  - (b) Progression of load
  - (c) Cyclicity of training
  - (d) Continuity
  
3. \_\_\_\_\_ is the process of preparation for sports performance. (CO2, K4)
  - (a) Fitness
  - (b) wellness
  - (c) Planning
  - (d) Sports training



**Part B**

(5 × 5 = 25)

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

11. (a) Write the meaning and scope of sports training. (CO1, K2)

Or

- (b) Write about the aims of sports training. (CO1, K2)

12. (a) Write short notes on coordinative ability. (CO2, K4)

Or

- (b) What is the meaning flexibility? (CO2, K4)

13. (a) Write short notes on training load. (CO3, K4)

Or

- (b) Give the meaning of volume of stimulus. (CO3, K4)

14. (a) What is periodization? (CO4, K5)

Or

- (b) What is the content of period in training program? (CO4, K5)

15. (a) What are the methods of tactical training? (CO5, K6)

Or

- (b) Write down the meaning of strategy. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Elaborate the objectives of sports training. (CO1, K2)

Or

- (b) Explain the principles of sports training. (CO1, K2)

17. (a) What is the meaning of endurance? Explain the methods to develop endurance. (CO2, K4)

Or

- (b) Briefly explain the methods to develop the coordinative abilities. (CO2, K4)

18. (a) Discuss about the principles of intensity and volume. (CO3, K4)

Or

- (b) List down the types of training load and explain. (CO3, K4)

19. (a) Discuss about the periodization and their types. (CO4, K5)

Or

- (b) Prepare a four weeks training plan for university team for the game of your choice. (CO4, K5)

20. (a) What is the meaning and methods of strategy? Explain. (CO5, K6)

Or

- (b) Briefly explain the methods of ergogenic aids. (CO5, K6)

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**R3765**

**Sub. Code**

**721302**

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

**Third Semester**

**Physical Education**

**COMPUTER APPLICATIONS IN PHYSICAL  
EDUCATION**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. Scanner is a \_\_\_\_\_. (CO1, K2)
  - (a) software
  - (b) input Device
  - (c) output Device
  - (d) all the above
  
2. Find out the daily activity device using on our body \_\_\_\_\_. (CO1, K2)
  - (a) Thermo meter
  - (b) Accelerometer
  - (c) Fitness tracker
  - (d) Video recorder

3. Microsoft word can create an \_\_\_\_\_. (CO2, K4)
- (a) Save the document
  - (b) Create a new document
  - (c) Close the document
  - (d) Open the document
4. Shortcut key for saving document in MS word \_\_\_\_\_. (CO2, K4)
- (a) Ctrl + S
  - (b) Ctrl + C
  - (c) Ctrl + V
  - (d) Ctrl + A
5. Which Excel function is used to find the average of a range of numbers? (CO3, K4)
- (a) AVG()
  - (b) SUM()
  - (c) AVERAGE()
  - (d) MEAN()
6. CTRL + key for excel \_\_\_\_\_. (CO3, K4)
- (a) Table Creating
  - (b) Calculation
  - (c) Volume
  - (d) Drawing

7. The shortcut key to duplicate a slide in PowerPoint \_\_\_\_\_ . (CO4, K5)
- (a) Ctrl + D
  - (b) Ctrl + C
  - (c) Ctrl + V
  - (d) Ctrl + P
8. File extension for PowerPoint presentations \_\_\_\_\_ . (CO4, K5)
- (a) .docx
  - (b) .pptx
  - (c) .xlsx
  - (d) .pdf
9. In the e-mail, CC stands for \_\_\_\_\_ . (CO5, K6)
- (a) Carbon Copy
  - (b) Current Copy
  - (c) Common Contact
  - (d) Computer Communication
10. Google class room was useful in \_\_\_\_\_ . (CO5, K6)
- (a) Video Calling
  - (b) Social Media Networking
  - (c) Virtual Learning Environment
  - (d) Online Gaming Platform

**Part B**

(5 × 5 = 25)

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

11. (a) Components of the Block Diagram - Classify. (CO1, K2)

Or

- (b) Write a Short Note on Static RAM and Dynamic RAM. (CO1, K2)

12. (a) How to save and opening a document in MS word with example? (CO2, K2)

Or

- (b) Write a Short Note on Table creation in MS word. (CO2, K2)

13. (a) What is spreadsheet? Explain its basic uses. (CO3, K2)

Or

- (b) Discuss the Features of MS Excel in physical education. (CO3, K2)

14. (a) Write a short note on various uses of Power point in physical Education and sports science. (CO4, K2)

Or

- (b) Write any 10 Shortcut Keys in MS PowerPoint. Explain it. (CO4, K2)

15. (a) Email features of in physical education — Examine. (CO5, K2)

Or

- (b) Types of Protocols - Expound. (CO5, K2)

**Part C**

(5 × 8 = 40)

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

16. (a) Use of Application software in the physical education - Examine. (CO1, K2)

Or

- (b) Explain input and output device. (CO1, K2)

17. (a) Discuss the use of MS word in physical education. (CO2, K4)

Or

- (b) Draw a neat diagram of MS word home page and mention their tools. (CO2, K4)

18. (a) Briefly explain about MS-Excel. (CO3, K4)

Or

- (b) How to create a tournament fixture in MS-Excel? (CO3, K4)

19. (a) Discuss about file formatting. (CO4, K5)

Or

- (b) How to prepared a power print presentation? Explain it. (CO4, K5)

20. (a) What is the advantage and disadvantage of internet? (CO5, K6)

Or

- (b) Discuss about the role of e-resources teaching. (CO5, K6)
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**R3766**

**Sub. Code**

**721303**

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

**Third Semester**

**Physical Education**

**SPORTS PSYCHOLOGY AND SOCIOLOGY**

**(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 primary focus of sports psychology?  
(CO1, K2)
  - (a) Physical fitness
  - (b) Mental well-being in sports
  - (c) Coaching techniques
  - (d) Rule enforcement
  
2. Which of the following is a factor responsible for individual differences?  
(CO1, K2)
  - (a) Heredity and environment
  - (b) Physical exercise
  - (c) Diet and nutrition
  - (d) Technology

3. Which theory explains that learning occurs through trial and error? (CO2, K4)
- (a) Classical Conditioning
  - (b) Operant Conditioning
  - (c) Insight Learning
  - (d) Trial and Error Theory
4. What is the role of motivation in sports performance? (CO2, K4)
- (a) Enhances endurance
  - (b) Encourages participation and improves performance
  - (c) Reduces anxiety
  - (d) Increases aggression
5. Socialization through physical education helps in —— (CO3, K4)
- (a) Enhancing fitness only
  - (b) Promoting individualism
  - (c) Developing leadership and teamwork skills
  - (d) Reducing competition in sports
6. What is a primary group? (CO3, K4)
- (a) A group formed by sports clubs
  - (b) A group with close, intimate relationships
  - (c) A group with formal and distant connections
  - (d) A group formed for temporary goals

7. Which method is commonly used to study culture?  
(CO4, K5)
- (a) Laboratory experiments
  - (b) Observation and inspection
  - (c) Genetic analysis
  - (d) Physical testing
8. Which method invokes collecting data through direct questioning?  
(CO4, K5)
- (a) Inspection method
  - (b) Observation method
  - (c) Experimentation method
  - (d) Questionnaire method
9. What are the three primary components of the mind?  
(CO5, K6)
- (a) Cognition, affection, and conation
  - (b) Perception, reflection, and motivation
  - (c) Instinct, reasoning, and willpower
  - (d) Emotion, imagination, and memory
10. What is the “superconscious” state of mind?  
(CO5, K6)
- (a) A state of deep relaxation
  - (b) A higher level of consciousness
  - (c) A condition of unconscious behaviour
  - (d) A sleep-like state

**Part B**

(5 × 5 = 25)

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

11. (a) Define sports psychology and explain its scope. (CO1, K2)

Or

- (b) Discuss the role of heredity and environment in individual differences. (CO1, K2)

12. (a) Define motivation and describe its role in sports performance. (CO2, K4)

Or

- (b) Explain the concept of a learning curve in sports psychology. (CO2, K4)

13. (a) Describe the concept of socialization through physical education. (CO3, K4)

Or

- (b) What is the role of festivals in promoting physical education? (CO3, K4)

14. (a) What are the features of culture that influence physical education? (CO4, K5)

Or

- (b) Describe the observation method for studying culture. (CO4, K5)

15. (a) Differentiate between the unconscious and subconscious mind. (CO5, K6)

Or

- (b) Describe the concept of affection in the context of the mind. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the importance and scope of sports psychology in physical education and sports. (CO1, K2)

Or

- (b) Explain the factors responsible for individual differences in sports performance. (CO1, K2)

17. (a) Describe the theories of learning and their application in sports. (CO2, K4)

Or

- (b) Discuss the relationship between personality and sports performance, with examples. (CO2, K4)

18. (a) Discuss the role of physical education in promoting socialization and community bonding. (CO3, K4)

Or

- (b) Analyze the impact of social group life on sports participation and performance. (CO3, K4)

19. (a) Explain the features of culture and their significance in physical education and sports. (CO4, K5)

Or

- (b) Describe the role of observation, questionnaire, and interview methods in understanding cultural aspects of sports. (CO4, K5)

20. (a) Discuss the characteristics of the conscious, subconscious, and unconscious mind in relation to physical activities. (CO5, K6)

Or

- (b) How do mental processes like cognition and affection influence athletic performance? (CO5, K6)
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**R3767**

**Sub. Code**

**721506**

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

**Third Semester**

**Physical Education**

***Elective* — ADAPTED 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. Adapted Physical Education (APE) focuses on \_\_\_\_\_.  
(CO1, K2)
  - (a) Regular PE for all
  - (b) Modified activities for disabilities
  - (c) Separating students with disabilities
  - (d) Competition for disabilities
  
2. Which one have historical guidance for APE to disability?  
(CO1, K2)
  - (a) Medical
  - (b) Social
  - (c) Medical and Social
  - (d) Fitness

3. Visual impairments may benefit from \_\_\_\_\_. (CO2, K4)
- (a) Touch and spoken
  - (b) Visual and written instructions
  - (c) Sound and spoken
  - (d) Written and spoken
4. Aids for the disabled are used to \_\_\_\_\_. (CO2, K4)
- (a) Limit abilities
  - (b) Increase independence
  - (c) Make dependent
  - (d) Create barriers
5. The AAHPER principles of APE removed severe disability on \_\_\_\_\_. (CO3, K4)
- (a) Customized instruction
  - (b) One-size-fits-all
  - (c) Competitive sports for all
  - (d) Physical Activity
6. How can teachers talk well with parents of students with disabilities? (CO3, K4)
- (a) Using hard words
  - (b) Not being honest
  - (c) Only talking about problems
  - (d) Working together

7. Outdoor programs help people with disabilities \_\_\_\_\_ (CO4, K5)
- (a) Physical fitness and social skills
  - (b) Achievement and cognitive abilities
  - (c) Dependence on others and isolation
  - (d) Fear and anxiety
8. Aquatic programs for people with disabilities be like \_\_\_\_\_ (CO4, K5)
- (a) Hard and competitive
  - (b) Safe and fun
  - (c) Focused on skills
  - (d) Swimming and diving
9. Why is psychological rehabilitation important for individual disability? (CO5, K6)
- (a) Improve mental well-being
  - (b) Learn new skill
  - (c) Physically stronger
  - (d) New career
10. Aquatic activity means \_\_\_\_\_. (CO5, K6)
- (a) Exercises on land
  - (b) Activities in water
  - (c) Resting by the pool
  - (d) Watching others swim

**Part B**

(5 × 5 = 25)

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

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

Or

- (b) Explain the qualification of adapted physical education. (CO1, K2)

12. (a) Explain mental retardation and its types. (CO2, K4)

Or

- (b) Write short notes on hearing impairment. (CO2, K4)

13. (a) Explain the role of parents in Adapted Physical Education. (CO3, K4)

Or

- (b) What is the meaning of unified sports? Explain their importance. (CO3, K4)

14. (a) Explain about the outdoor programs for individuals' disability. (CO4, K5)

Or

- (b) What is the meaning of aquatic activity and explain its benefits? (CO4, K5)

15. (a) What is the importance of rehabilitation in adapted programme? (CO5, K6)

Or

- (b) Describe the psychological benefits of adapted Physical Education in rehabilitation programs. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss about the aims and objectives of Adapted Physical Education and differentiate physical education and adapted physical education? (CO1, K2)

Or

- (b) Briefly explain about the role of adapted physical education. (CO1, K2)

17. (a) Explain the characteristics of mental retardation and its impact on physical education. (CO2, K4)

Or

- (b) Describe the different types of visual impairments. Explain it. (CO2, K4)

18. (a) What are the guiding principles of an Adapted Physical Education program? (CO3, K4)

Or

- (b) What is the role of the Parent Teacher Association in Adapted Physical Education? (CO3, K4)

19. (a) How can adventure-based outdoor activities help in promoting physical fitness and personal growth for disabled individuals? (CO4, K5)

Or

- (b) Discuss about the various types of aquatic activities and their therapeutic benefits. (CO4, K5)

20. (a) Explain the need and importance of Adapted Physical Education in the rehabilitation of individuals with disabilities. (CO5, K6)

Or

- (b) Describe about the functional rehabilitation and its type. (CO5, K6)
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