

**R4316**

**Sub. Code**

**25BPE1C1**

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

**First Semester**

**Physical Education**

**HISTORY, PRINCIPLES AND FOUNDATION OF  
PHYSICAL EDUCATION**

**(CBCS – 2025 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 aim of Physical Education?  
(CO1, K2)
  - (a) To win competitions
  - (b) To develop physical fitness only
  - (c) To promote the overall development of an individual
  - (d) To become a professional athlete
2. What does the term Physical Culture primarily refer to?  
(CO1, K2)
  - (a) The study of ancient sports
  - (b) A system of exercises and practice to promote physical development
  - (c) Watching sports events for entertainment
  - (d) Cultural dances and traditional festivals
3. Which year was the Kholo India programme launched?  
(CO2, K4)
  - (a) 2014
  - (b) 2016
  - (c) 2018
  - (d) 2020

4. What does NSNIS stand for? (CO2, K4)
- (a) National School of Nutrition and Sports
  - (b) Netaji Subhas National Institute of Sports
  - (c) National Sports and Nutrition Institute of Science
  - (d) Netaji Subhas National Institute of Science
5. Who is considered the father of Idealism in Philosophy? (CO3, K5)
- (a) Aristotle
  - (b) Plato
  - (c) John Dewey
  - (d) Rousseau
6. Which of the followings is not a belief of realism? (CO3, K5)
- (a) Learning should be based on observation and experience
  - (b) The physical world is real and can be known
  - (c) Ideas are more real than objects
  - (d) Education should be practical and scientific
7. Sheldon's theory classifies human bodies into three main somatotypes. Which of the following are those three types? (CO4, K3)
- (a) Pyknic, Athletic, Asthenic
  - (b) Endomorphic, Mesomorphic, Ectomorphic
  - (c) Fat, Muscular, Thin
  - (d) Viscerotonic, Somatotonic, Cerebrotonic
8. \_\_\_\_\_ refers to increase in size height and weight. (CO4, K3)
- (a) Growth
  - (b) Development
  - (c) Maturation
  - (d) Diet
9. Which one of the following is Thorndike's laws of learning? (CO5, K6)
- (a) Law of Exercise
  - (b) Law of Maturity
  - (c) Law of Competition
  - (d) Law of Heredity

10. Which one of the following is effects motivation in sports?  
(CO5, K6)
- (a) Diet
  - (b) Sleep only
  - (c) Interest and attitude
  - (d) Shoe quality

**Part B**

(5 × 5 = 25)

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

11. (a) Simplify the meaning and definition of physical education. (CO1, K2)
- Or
- (b) Write short note on physical training. (CO1, K2)
12. (a) Outline about the Indus Valley civilization period. (CO2, K4)
- Or
- (b) Write short note on SGFI. (CO2, K4)
13. (a) What is the concept of Humanism? Explain. (CO3, K3)
- Or
- (b) Write the concept of Existentialism. (CO3, K3)
14. (a) Define heredity and mention its role in human development. (CO4, K3)
- Or
- (b) What are the stages of human growth and development? List out and explain any three stages. (CO4, K3)
15. (a) What is the role of psychological well-being in effective learning? (CO5, K6)
- Or
- (b) List out the basic human emotions identified in psychology. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Briefly explain the aim and objectives of physical education. (CO1, K2)
- Or
- (b) Explain the relationship between physical education and general education. (CO1, K2)
17. (a) Explain the Vedic period. (CO2, K4)
- Or
- (b) Evaluate the effectiveness of the Khelo India Initiative under the SAI India. (CO2, K4)
18. (a) Discuss about the concept of idealism in physical education. (CO3, K3)
- Or
- (b) Analyze the differences between pragmatic and traditional views of learning in psychology. (CO3, K3)
19. (a) Explain the difference between intrinsic and extrinsic motivation. (CO4, K3)
- Or
- (b) Explain the difference between growth and development. (CO4, K3)
20. (a) Evaluate the significance of the laws of learning in modern education. (CO5, K6)
- Or
- (b) Compare and contrast the behaviorist and constructivist learning theories. (CO5, K6)

**R4317**

**Sub. Code**

**25BPE1C2**

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

**First Semester**

**Physical Education**

**ANATOMY, PHYSIOLOGY, SPORTS MEDICINE,  
PHYSIOTHERAPY AND REHABILITATION**

**(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. What are the classifications of skeletal system in human body? (CO1, K1)  
(a) 2 (b) 3  
(c) 1 (d) 4
2. The anatomic location of the spinal canal is : (CO1, K1)  
(a) Caudal (b) Dorsal  
(c) Frontal (d) Transverse
3. Which of the following air to pass into the lungs? (CO2, K2)  
(a) Aorta (b) Esophagus  
(c) Pancreas (d) Trachea
4. Which brain part connects the spinal cord to higher centers and controls cardiac, respiratory and vasomotor functions? (CO2, K2)  
(a) Medulla oblongata  
(b) Pons  
(c) Cerebellum  
(d) Cerebrum

5. Which hormone regulates blood sugar level in the human body? (CO3, K2)
- (a) Insulin                      (b) Adrenaline  
(c) Thyroxin                      (d) Growth hormone
6. Which of the following is the body cavity that contains the pituitary gland? (CO3, K2)
- (a) Abdominal                      (b) Cranial  
(c) Pleural                      (d) Spinal
7. The structural and functional unit of a skeletal muscle is \_\_\_\_\_ . (CO4, K1)
- (a) Myofibril                      (b) Sarcomere  
(c) Myosin                      (d) Actin
8. Which part of the brain controls balance and coordination? (CO4, K2)
- (a) Cerebrum                      (b) Medulla oblongata  
(c) Cerebellum                      (d) Hypothalamus
9. Oxygen debt mainly occurs due to accumulation of : (CO5, K1)
- (a) ATP                      (b) Glycogen  
(c) Lactic acid                      (d) Creatine phosphate
10. The cross-bridge formation in muscles occurs between : (CO5, K1)
- (a) Actin and Troponin  
(b) Actin and Tropomyosin  
(c) Actin and Myosin  
(d) Myosin and ATP

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the structure and functions of skeletal muscle. (CO1, K2)

Or

- (b) Write short notes on the types of joints in the human body. (CO1, K2)

12. (a) Describe the importance of warm-up and cool-down in injury prevention. (CO2, K4)

Or

- (b) Write briefly about common sports injuries in football. (CO2, K4)

13. (a) Explain the role of physiotherapy in the treatment of sprain and strain. (CO3, K2)

Or

- (b) Discuss the importance of massage in sports rehabilitation. (CO3, K2)

14. (a) Define aerobic and anaerobic capacity and their role in sports performance. (CO4, K1)

Or

- (b) Explain the physiological effects of exercise on the respiratory system. (CO4, K3)

15. (a) Write short notes on the R.I.C.E. principle in sports injury management. (CO5, K5)

Or

- (b) Explain the importance of posture and its correction in sports training. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Describe the need and importance of anatomy and physiology in the field of physical education. (CO1, K2)
- Or
- (b) Explain the mechanism of blood circulation and its significance in sports. (CO1, K2)
17. (a) Discuss the causes, symptoms, and management of shoulder dislocation. (CO2, K4)
- Or
- (b) Explain the role of sports medicine in promoting safe participation in games. (CO2, K4)
18. (a) Discuss the physiological changes during muscular contraction. (CO3, K2)
- Or
- (b) Explain the concept of oxygen debt and recovery in athletes. (CO3, K2)
19. (a) Describe the stages of rehabilitation after knee ligament injury. (CO4, K3)
- Or
- (b) Explain the importance of physical therapy exercises in restoring functional ability. (CO4, K4)
20. (a) Discuss the physiological basis of fatigue and recovery in relation to exercise. (CO5, K5)
- Or
- (b) Describe the role of diet in maintaining and enhancing sports performance. (CO5, K4)

**R4318**

**Sub. Code**

**25BPE1C3**

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

**First Semester**

**Physical Education**

**ORGANIZATION, ADMINISTRATION IN PHYSICAL  
EDUCATION**

**(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. Organization refers \_\_\_\_\_. (CO1, K2)
  - (a) Pre planning the work
  - (b) Planning the work
  - (c) Carryout the work
  - (d) None of these
  
2. Sports authority of India started in the year (CO1, K2)
  - (a) 1961
  - (b) 1971
  - (c) 1964
  - (d) 1982
  
3. Which one is among the kind of standard office management? (CO2, K4)
  - (a) Government office
  - (b) Business office
  - (c) Social service
  - (d) Individual office

4. The structured list or log of specific information is known as \_\_\_\_\_. (CO2, K4)
- (a) Records                      (b) Registers  
(c) Diary                          (d) Board
5. Which chemical is used in the swimming pool for purify the water disinfection? (CO3, K4)
- (a) Chlorine                      (b) Potassium  
(c) Zinc                            (d) Calcium hypochlorite
6. Size of the gymnasium for college level falls in the range of \_\_\_\_\_. (CO3, K4)
- (a) 130 feet length to 90 feet breath  
(b) 140 feet length to 110 feet breath  
(c) 150 feet length to 100 feet breath  
(d) None of these
7. In knock out tournament \_\_\_\_\_ number of byes given for twenty teams. (CO4, K5)
- (a) 10                              (b) 12  
(c) 9                                (d) 8
8. Round robin tournament is otherwise called as \_\_\_\_\_. (CO4, K5)
- (a) League tournament  
(b) Consolation tournament  
(c) Elimination tournament  
(d) Perpetual tournament

9. Which one is not a part of the directing process?  
(CO5, K6)
- (a) Motivation
  - (b) Communication
  - (c) Planning
  - (d) Leadership
10. What role does leadership play in an organization?  
(CO5, K6)
- (a) Managing resources
  - (b) Guiding and motivating people
  - (c) Organizing workflows
  - (d) Setting financial goals

**Part B**

(5 × 5 = 25)

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

11. (a) Write the meaning of organization and administration in the field of physical education.  
(CO1, K2)

Or

- (b) Write down the basic principles of planning in Physical Education.  
(CO1, K2)

12. (a) Define office management and explain functions of office management. (CO2, K4)

Or

- (b) Write the importance of records and registers. (CO2, K4)

13. (a) Write a short note on indoor and outdoor infrastructure in sports organizations. (CO3, K4)

Or

- (b) Define Facilities Management and explain its importance in Physical Education. (CO3, K4)

14. (a) What are the main objectives and benefits of organizing in sports tournaments? (CO4, K5)

Or

- (b) Discuss the organization scheme of Physical Education in schools. (CO4, K5)

15. (a) Write down meaning and elements of organizing. (CO5, K6)

Or

- (b) Write the principle of organizing in physical Education. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) List out the qualification and responsibilities of Physical Education teacher. (CO1, K2)

Or

- (b) Explain the role of SAI in Sports and Games in India. (CO1, K2)

17. (a) Explain the criteria for good budget. (CO2, K4)

Or

- (b) Describe the various types of Records and Registers maintained in a Physical Education office. (CO2, K4)

18. (a) List down the various types of swimming pool and explain their rules and regulations. (CO3, K4)

Or

- (b) How can you prepare a Physical Education time table for a school? Explain. (CO3, K4)

19. (a) Draw a knock out fixtures for 25 teams including four special seeding. (CO4, K5)

Or

- (b) Brief about the various types of challenge tournaments. (CO4, K5)

20. (a) Explain the process and importance of organizing.  
(CO5, K6)

Or

(b) Describe the need and importance leadership qualities.  
(CO5, K6)

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**R4319**

**Sub. Code**

**25BPE1E1**

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

**First Semester**

**Physical Education**

**Elective — OLYMPIC MOVEMENTS**

**(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. Which of the following is a significant stage in the development of the modern Olympic Movement?  
(CO1, K2)
  - (a) Formation of NFL
  - (b) Introduction of Winter Olympics
  - (c) Inception of Champions League
  - (d) Opening of the Maracana Stadium
  
2. In which year were the first modern Olympic Games held?  
(CO1, K2)
  - (a) 1896
  - (b) 1900
  - (c) 1888
  - (d) 1924

3. The Olympic Rings represent \_\_\_\_\_. (CO2, K1)
- (a) Five continents
  - (b) Five sports
  - (c) Five historical events
  - (d) Five athletes
4. The Olympic Code of Ethics mainly seeks to promote \_\_\_\_\_. (CO2, K1)
- (a) Competition at all costs
  - (b) Fair play and integrity
  - (c) National rivalry
  - (d) Sponsorship deals
5. Special Olympic Games are organized for \_\_\_\_\_. (CO3, K4)
- (a) Professional athletes
  - (b) Athletes with intellectual disabilities
  - (c) Athletes with disabilities
  - (d) Hearing impairment
6. Youth Olympic Games target athletes under \_\_\_\_\_. (CO3, K4)
- (a) 25 years
  - (b) 18 years
  - (c) 30 years
  - (d) 16 years

7. The structure of IOC includes \_\_\_\_\_. (CO4, K5)
- (a) President, members, commissions
  - (b) President, members, commissions, secretaries
  - (c) President, members, referees, umpire
  - (d) Journalists
8. National Olympic Committees are responsible for \_\_\_\_\_. (CO4, K5)
- (a) Local club coaching
  - (b) Promoting the Olympic Movement in their country
  - (c) Awarding academic degrees
  - (d) Only funding professional sport
9. The Olympic Mascot represents \_\_\_\_\_. (CO5, K1)
- (a) Host country's spirit and identity
  - (c) Television advertisements
  - (b) Competition results
  - (d) Sportsman spirit
10. The Olympic Stadium is mainly used for \_\_\_\_\_. (CO5, K1)
- (a) Opening and closing ceremonies
  - (b) Press briefings
  - (c) Sports competition
  - (d) Commercial sales

**Part B**

(5 × 5 = 25)

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

11. (a) Define the philosophy of Olympic movement. (CO1, K1)

Or

- (b) Describe the educational and cultural values of Olympic movement. (CO1, K2)

12. (a) Explain the significance of Olympic ideals and Olympics rings. (CO2, K4)

Or

- (b) Explain the Olympic protocol of member countries and Olympic code of ethics. (CO2, K4)

13. (a) Describe the Paralympic games. (CO3, K2)

Or

- (b) Describe the winter Olympic games. (CO3, K2)

14. (a) Explain the IOC structure and their functions. (CO4, K4)

Or

- (b) Write down the NOC role in Olympic movement. (CO4, K5)

15. (a) What is the order of protocol elements in the opening ceremony of the Olympic Games? (CO5, K6)

Or

- (b) Define the Olympic stadium and the Olympic villages. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the philosophy and origin of the Olympic Movement. (CO1, K2)

Or

- (b) Describe the key phases in the early development of the Olympic Movement? (CO1, K2)

17. (a) Explain the concept of the “Sports for All” initiative in the Olympic context. (CO2, K4)

Or

- (b) Describe the ideals, ethics, and symbols of the modern Olympic Games. (CO2, K2)

18. (a) How do the Para Olympic Games, Summer Olympic Games, Winter Olympic Games, Youth Olympic Games, and Special Olympic Games contribute to the promotion of sports and inclusivity? (CO3, K4)

Or

- (b) Describe the target participants of the Special Olympic Games. (CO3, K4)

19. (a) How do various committees contribute to the conduct of the Olympic Games? (CO4, K5)

Or

- (b) Evaluate their structures, functions, and roles in advancing the Olympic Movement, including the contributions of Olympic Commissions and medal winners. (CO4, K5)

20. (a) Describe the ceremonial aspects of the Olympic Games, such as the elements of opening and closing ceremonies, Olympic stadium and village, mascots, and recent innovations. (CO5, K6)

Or

- (b) Mention one new innovation introduced in recent Olympics. (CO5, K6)
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**R4320**

**Sub. Code**

**25BPE1S1**

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

**First Semester**

**Physical Education**

**SPORTS INJURY, PHYSIOTHERAPY AND  
REHABILITATION**

**(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 injury can be best defined as\_\_\_\_\_.  
(CO1, K2)
  - (a) Injury occurring during sports activity
  - (b) Injury occurring in daily life only
  - (c) Injury caused by food poisoning
  - (d) Injury due to lack of sleep
  
2. Which of the following is an example of an open wound?  
(CO1, K2)
  - (a) Sprain
  - (b) Contusion
  - (c) Laceration
  - (d) Strain

3. The main aim of Sports Medicine is to \_\_\_\_\_.  
(CO2, K4)
- (a) Improve diet control
  - (b) Promote recovery and performance
  - (c) Replace coaches with doctors
  - (d) Eliminate physical activity
4. The role of a Physical Education teacher in rehabilitation includes \_\_\_\_\_.  
(CO2, K4)
- (a) Performing surgery
  - (b) Guiding exercise and safe return to play
  - (c) Prescribing medicines
  - (d) Providing hospital facilities
5. In physiotherapy, SWD stands for \_\_\_\_\_.  
(CO3, K4)
- (a) Short Wave Diathermy
  - (b) Strong Wave Diathermy
  - (c) Soft Wave Diathermy
  - (d) Static Warm Diathermy
6. Ultraviolet ray treatment is mainly used for \_\_\_\_\_.  
(CO3, K5)
- (a) Deep tissue heating
  - (b) Surface sterilization and healing
  - (c) Cooling effect
  - (d) Muscle strengthening

7. Hydrotherapy mainly involves the treatment by using \_\_\_\_\_.  
(CO4, K5)
- (a) Sound waves
  - (b) Light rays
  - (c) Water
  - (d) Electrical current
8. Effleurage, Petrissage, and Tapotement are techniques of \_\_\_\_\_.  
(CO4, K5)
- (a) Bandaging
  - (b) Massage
  - (c) Hydrotherapy
  - (d) Electrotherapy
9. Passive movement is a movement \_\_\_\_\_.  
(CO5, K6)
- (a) Performed by the patient alone
  - (b) Performed by an external force
  - (c) Done only during sleep
  - (d) Without joint movement
10. Free mobility exercises can be applied to \_\_\_\_\_.  
(CO5, K6)
- (a) Shoulder, elbow and wrist only
  - (b) Spine only
  - (c) Neck only
  - (d) Abdomen only

**Part B**

(5 × 5 = 25)

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

11. (a) List out the different types of common sports injuries. (CO1, K2)

Or

- (b) Describe the signs and symptoms of open and closed wounds. (CO1, K2)

12. (a) Discuss the aims and objectives of sports medicine. (CO2, K3)

Or

- (b) Explain the role of coaches in prevention and first aid of injuries. (CO2, K3)

13. (a) Describe the types and uses of electrotherapy treatments. (CO3, K4)

Or

- (b) Write a short note on infrared and ultraviolet ray's therapy. (CO3, K4)

14. (a) Explain the types and physiological effects of massage. (CO4, K5)

Or

- (b) List out the benefits of hydrotherapy in sports rehabilitation. (CO4, K5)

15. (a) Explain the principles and uses of therapeutic exercises. (CO5, K6)

Or

- (b) What is active movements? Explain with suitable examples. (CO5, K6)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the guiding principles of physiotherapy. (CO1, K2)

Or

- (b) Discuss the signs and symptoms of chronic injuries with examples. (CO1, K2)

17. (a) Describe the different types of bandages and explain their uses. (CO2, K3)

Or

- (b) Explain the methods of first aid treatment for dislocations. (CO2, K3)

18. (a) Explain how physiotherapy is useful in the field of Physical Education. (CO3, K4)

Or

- (b) Describe various electrotherapy methods used in the rehabilitation of sports injuries. (CO3, K4)

19. (a) Explain the procedure and benefits of steam bath and sauna bath in physical therapy. (CO4, K5)

Or

- (b) Discuss the demonstration of treatment of cry therapy and its benefits. (CO4, K5)

20. (a) Detailed about the benefits of free mobility exercises. (CO5, K6)

Or

- (b) Explain the principles and application of therapeutic exercise. (CO5, K6)

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