

R3749

Sub. Code

720303

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Physical Education

FOUNDATION OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Who is the father of Yoga? (CO1, K1)
(a) Vivekandar (b) Pathanjali
(c) Buddhar (d) Tirumalai
2. The word “Yoga” is derived from the _____ root. (CO1, K1)
(a) Greece (b) Indian
(c) Sanskrit (d) Islam
3. Ahimsa which means _____ (CO1, K2)
(a) Non stealing (b) Non greed
(c) Non violence (d) Truthfulness
4. What is the first niyama? (CO2, K2)
(a) Saucha (b) Santosa
(c) Tapa (d) Svadhyaya

5. The other name of padmasana is _____ (CO3, K2)
(a) Lotus pose (b) Locust pose
(c) Cobra pose (d) Peacock pose
6. Which of the following asana is a queen of asana? (CO3, K2)
(a) Padmasana (b) Bhujangasana
(c) Vajrasana (d) Mayurasana
7. Pranayama means (CO4, K2)
(a) Asanas
(b) Concentration
(c) Control the breath
(d) Control the stability
8. Which of the following breathing technique helps to cool the body? (CO4, K2)
(a) Ujjayi pranayama
(b) Sheetkari pranayama
(c) Nadi shodhan
(d) Shitali pranayama
9. To stimulating the brain cells by purifying the brain is (CO5, K2)
(a) Kapalabhati (b) Nauli
(c) Trataka (d) Vasti
10. Which of the following is not in Kriyas? (CO5, K2)
(a) Neti (b) Nauli
(c) Dhouti (d) Plavini

Part B

(5 × 5 = 25)

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

11. (a) Write the historical background of Yoga. (CO1, K3)

Or

- (b) Definition the term of Yoga. (CO1, K3)

12. (a) Explain the concepts of Dharana. (CO2, K3)

Or

- (b) Write the concepts of Dhyana. (CO2, K3)

13. (a) Explain about Yoga mudras. (CO3, K3)

Or

- (b) Write the procedure of doing Vajrasana. (CO3, K3)

14. (a) State that ratio of breathing. (CO4, K3)

Or

- (b) Define the term of pranayama. (CO4, K3)

15. (a) Explain about the Kapalabhati. (CO5, K3)

Or

- (b) Comment on Moola Banda and Trium Banda.
(CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Describe the need and importance of Yoga.
(CO1, K4)

Or

- (b) Explain the types of Yoga. (CO1, K3)

17. (a) Describe the Yama and Niyamas. (CO2, K3)

Or

(b) Explain the impact of yoga on daily life. (CO2, K3)

18. (a) Write the procedure of doing Padmasana and Dhanurasana. (CO3, K3)

Or

(b) Explain the procedure of Mayurasana and Halasana. (CO3, K3)

19. (a) What is pranayama? Explain the types of pranayama. (CO4, K4)

Or

(b) Explain about the Ten vayus. (CO4, K4)

20. (a) Illustrate about the Kriyas and its types. (CO5, K3)

Or

(b) Enumerate about the various types of mudras. (CO5, K3)

R3750

Sub. Code

720304

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Physical Education

TRACK AND FIELD – II

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. In 10,000 mts, the second arc is starts from _____ lane. (CO1, K1)
(a) 4th lane (b) 5th lane
(c) 6th lane (d) 1st lane
2. The stagger for 800 mts starts. (CO1, K1)
(a) Full Stagger
(b) Half Stagger
(c) One and half Stagger
(d) One and half Stagger + DE
3. The total number of laps in 1500 m in a non-standard track? (CO2, K1)
(a) 7.5
(b) 10
(c) 12.5
(d) 15

4. In Race walking, which action must be maintained at all times? (CO2, K2)
- (a) Straight knees
 - (b) One foot contact in the ground
 - (c) Both arms overhead
 - (d) Running speed
5. What is the maximum number of attempts allowed per height in the Pole vault? (CO3, K1)
- (a) 2
 - (b) 3
 - (c) 4
 - (d) Unlimited
6. The runway of the high jump is (CO3, K2)
- (a) 25 mts
 - (b) 30 mts
 - (c) 35 mts
 - (d) 45 mts
7. Which of the following is NOT part of the pentathlon? (CO4, K1)
- (a) 100 mts
 - (b) 1500 m
 - (c) 200 mts
 - (d) Long jump
8. In Heptathlon, the second day events are (CO4, K2)
- (a) HJ, JT, 800 mts
 - (b) LJ, JT, 400 mts
 - (c) LJ, SP, 800 mts
 - (d) LJ, JT, 800 mts
9. 2025 World Athletics Championship was held at (CO5, K3)
- (a) Asia
 - (b) London
 - (c) Tokyo
 - (d) Greece
10. In 2025 WAC, Armand Duplantis cleared the height of pole vault is _____. (CO5, K3)
- (a) 6.25
 - (b) 6.30
 - (c) 6.00
 - (d) 6.50

Part B

(5 × 5 = 25)

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

11. (a) What is the purpose of double arc start? (CO1, K3)

Or

- (b) Write down the purpose of break lines? (CO1, K3)

12. (a) Draw a neat diagram of 400 mts track and mark the starting point of 3000 mts. (CO2, K3)

Or

- (b) Mention the basic rules of race walking. (CO2, K3)

13. (a) Give the specification of uprights and bars in high jump. (CO3, K3)

Or

- (b) List out of Long Jump runway and pit with all markings. (CO3, K3)

14. (a) List out the order of events in heptathlons. (CO4, K4)

Or

- (b) What are the main phases of a triple jump attempt? (CO4, K3)

15. (a) Write down the rules of combined events. (CO5, K3)

Or

- (b) Write any five athlete who achieved in the Asian games. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Describe the rules and interpretations of the Arc Start in track events. (CO1, K4)

Or

- (b) Marking of relay events (4 × 100 m) and (4 × 400 m). (CO1, K4)

17. (a) Explain the rules and interpretation of 5000 m and 10000 m races. (CO2, K4)

Or

- (b) Describe the penalties in race walking and their impact on performance. (CO2, K3)

18. (a) Illustrate about the technical aspects of the high jump event? (CO3, K3)

Or

- (b) Draw a neat diagram of pole vault with all markings and equipment. (CO3, K3)

19. (a) Describe the tie breaking rules of combined events. (CO4, K3)

Or

- (b) Discuss the evolution of Heptathlon as a combined event in athletics. (CO4, K3)

20. (a) Give a detail summary of 2025 world athletics championship. (CO5, K5)

Or

- (b) Describe the impact of records on long-distance running competitions. (CO5, K5)

R3751

Sub. Code

7203E2

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Physical Education

Elective – 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. Sports psychology is accepted as what form of “science” in academic circles? (CO1, K1)
 - (a) Hard Science
 - (b) Educational Science
 - (c) Soft Science
 - (d) Social Science

2. The hereditary factors of learning are (CO1, K1)
 - (a) Height and weight
 - (b) Physical structure
 - (c) Body composition
 - (d) All the above

3. What type of motivation is not applicable to young children? (CO2, K1)
- (a) Intrinsic motivation
 - (b) Extrinsic motivation
 - (c) Achievement motivation
 - (d) none of the above.
4. Mental development includes (CO2, K1)
- (a) External and internal organs
 - (b) Reasoning and thinking
 - (c) Ethical and moral
 - (d) Emotional maturity
5. Emotional stability, anxiety, sadness and built ability are attributes of which personality dimension? (CO3, K1)
- (a) Extroversion
 - (b) Agreeableness
 - (c) Bourgeoisies
 - (d) Openness
6. Which law of learning states that things most often repeated are best retained? (CO3, K1)
- (a) Law of readiness
 - (b) Law of exercise
 - (c) Law of effect
 - (d) Law of recency

7. What is emotional stability, anxiety, sadness and built ability are attributes of which personality dimension? (CO4, K1)
- (a) Extroversion
 - (b) Agreeableness
 - (c) Bourgeoisies
 - (d) Openness
8. Qualities of good leader (CO4, K2)
- (a) Good Listener
 - (b) Empathy
 - (c) Decision maker
 - (d) All the above
9. The cause of frustration among sports person is (CO5, K1)
- (a) Result of own performance
 - (b) Normally due to mismatched level of aspiration and ability
 - (c) Result of good performance
 - (d) Natural outcome of competitive sports
10. Which is following Sports performance is the bi-product of (CO5, K1)
- (a) Skill
 - (b) Conditional ability
 - (c) Total personality
 - (d) Tactical ability

Part B

(5 × 5 = 25)

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

11. (a) Classify the types of individual difference? Explain.
(CO1, K3)

Or

- (b) Outline the importance and scope of sports psychology.
(CO1, K3)

12. (a) Simplify the personality and their sports performance.
(CO2, K3)

Or

- (b) Outline the nature of motivation- Explain Briefly.
(CO2, K3)

13. (a) Justify the Transfer of Learning and its types.
(CO3, K3)

Or

- (b) Outline the I.Q. and Individual differences in Intelligence.
(CO3, K3)

14. (a) Simplify the primary and remote group. (CO4, K3)

Or

- (b) Select the socialization through physical education?
(CO4, K3)

15. (a) Simplify the importance of culture in physical education.
(CO5, K3)

Or

- (b) Explain the about questionnaire methods of studying.
(CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain in psycho-sociological aspects of human behavior in relation to physical education and sports. (CO1, K4)

Or

- (b) Explain the general characteristics growth and development. (CO1, K4)

17. (a) Briefly explain the any four types of learning. (CO2, K2)

Or

- (b) Interpret about the need and importance of sports psychology in physical education. (CO2, K5)

18. (a) Explain the meaning and nature of stress and its effect on sports performance. (CO3, K2)

Or

- (b) Explain the motivation technique and its impact on sports performance in physical education. (CO3, K5)

19. (a) Explain the relationship between social science and physical education. (CO4, K4)

Or

- (b) Enumerate the about tradition traditional sports and physical education. (CO4, K5)

20. (a) Explain the different method of studying? Explain in detail. (CO5, K4)

Or

- (b) Evaluate the effect of culture of people life style? (CO5, K5)
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R3752

Sub. Code

720501

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Physical Education

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.

1. “Sports training is a pedagogical process, based on scientific principles, aiming at preparing sportsmen for higher performance” said by (CO1, K1)
(a) Martin (b) Hardayal singh
(c) William claw (d) Harry Crowe Buck
2. To achieve the highest possible performance in a competition is (CO1, K1)
(a) Training (b) Sports training
(c) Goal (d) Achievement
3. Ability to overcome the resistance is called (CO2, K1)
(a) Strength (b) Speed
(c) Flexibility (d) Co-ordination
4. The ability to move muscles and joints through normal range of motion is (CO2, K1)
(a) Strength (b) Speed
(c) Flexibility (d) Endurance

5. The movement that allow athletes to perform attacks and defenses with the goal of competition is (CO3, K2)
- (a) Strategy (b) Tactics
(c) Technique (d) Skill
6. To enable the sportsman to effectively organize for the competition and to compete successfully (CO3, K2)
- (a) Technical training (b) Tactical training
(c) Skill training (d) Physical training
7. In periodisation, Mesocycle means (CO4, K2)
- (a) 3 to 6 weeks training
(b) 1 month to 5 months training
(c) 1 year training
(d) More than 1 year training
8. The process of development of strategy to achieve desired objective is (CO4, K2)
- (a) Technique (b) Tactics
(c) Competition (d) Planning
9. Which of the following is affecting the aging? (CO5, K2)
- (a) Diet (b) Illness
(c) Genetics (d) All the above
10. How to calculate BMI? (CO5, K2)
- (a) $BMI = \frac{Weight}{Height^2}$ (b) $BMI = \frac{Height}{Weight^2}$
(c) $BMI = \frac{Weight}{Height}$ (d) $BMI = \frac{Height}{Weight}$

Part B

(5 × 5 = 25)

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

11. (a) Write down the aim and characteristics of sports training. (CO1, K3)

Or

- (b) Explain the factors affecting load. (CO1, K3)

12. (a) Explain the types of motor components. (CO2, K3)

Or

- (b) Explain the means and methods of developing speed. (CO2, K3)

13. (a) Define the terms. (CO3, K3)

- (i) Technical preparation
(ii) Tactical preparation.

Or

- (b) Write down the causes and errors of Technical Preparation. (CO3, K3)

14. (a) Define periodization and write down the importance of Periodization. (CO4, K4)

Or

- (b) Explain about the competition frequency. (CO4, K4)

15. (a) How to give training programme for different age groups and gender? (CO5, K4)

Or

- (b) Discuss about the motor development and its implications in childhood. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Describe the principles of sports training. (CO1, K3)

Or

- (b) Define load and explain the types and similarities of load and adaptations. (CO1, K3)

17. (a) Enumerate the means and methods of developing strength. (CO2, K4)

Or

- (b) Illustrate about the means and methods of developing endurance. (CO2, K4)

18. (a) Explain the stages and methods of development of Technical Preparation. (CO3, K4)

Or

- (b) Explain the methods of tactical development. (CO3, K4)

19. (a) Describe the types of periodization. (CO4, K3)

Or

- (b) Describe the types of competitions. (CO4, K3)

20. (a) Examine the training and peaking of performance during different ages. (CO5, K4)

Or

- (b) Explain about sex difference and its implication in training and competitions. (CO5, K4)

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Sub. Code

720502

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Physical Education

**RESEARCH METHODOLOGY AND STATISTICS IN
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. _____ is testing the theoretical concepts in the actual problem situation. (CO1, K1)
 - (a) Basic research
 - (b) Applied research
 - (c) Action research
 - (d) Historical research

2. Which are the primary sources of data? (CO1, K1)
 - (a) Personal records
 - (b) Textbooks
 - (c) News
 - (d) Paper

3. A case study is a complete analysis and report of the status of a particular unique _____. (CO2, K2)
 - (a) Training
 - (b) Variable
 - (c) Intervention
 - (d) Individual

4. What is the expansion of APA? (CO2, K2)
- (a) American Physiological Association
 - (b) American Psychological Association
 - (c) Amateur Physical Association
 - (d) American Physical Association
5. _____ set of rectangles with bases along with the intervals between class boundaries. (CO3 K3)
- (a) Histogram
 - (b) Polygon
 - (c) Flowchart
 - (d) Pie diagram
6. _____ is the spread of your data from the lowest to the highest value in the distribution. (CO3, K3)
- (a) Median
 - (b) Mean
 - (c) Range
 - (d) Mode
7. The Middle number in a sorted list of numbers used in statistical studies is called _____. (CO4, K4)
- (a) Median
 - (b) Mean
 - (c) Range
 - (d) Mode
8. Measures the spread of the data about the mean value. (CO4, K4)
- (a) Variance
 - (b) Mean
 - (c) Standard deviation
 - (d) Quartile deviation

9. Picture the separate steps of a process in sequential order. (CO5, K5)
- (a) Polygon (b) Graphs
(c) Pie diagram (d) Flowchart
10. Visual tool or diagram that illustrates the relationships between different ideas so you can better understand their connections. (CO5, K5)
- (a) Painting (b) Charts
(c) A concept map (d) Drawing

Part B (5 × 5 = 25)

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

11. (a) Briefly explain the criteria in selecting the research problem (CO1, K1)

Or

- (b) Explain the types of hypothesis. (CO1, K1)

12. (a) Write the mechanism of preparing the bibliography. (CO2, K2)

Or

- (b) Write about research proposal. (CO2, K2)

13. (a) What is the meaning of the number of intervals and the size of the interval? (CO3, K3)

Or

- (b) Write about the frequency polygon. (CO3, K3)

14. (a) Write about Model-making. (CO4, K4)

Or

(b) Short note on Creative Writing. (CO4, K4)

15. (a) Calculate the mean from the following grouped data. (CO5, K5)

SI	F
195-199	1
190-194	2
185-189	4
180-184	5
175-179	8
170-174	10
165-169	6
160-164	4
155-159	4
150-154	2
145-149	3
140-144	1

Or

(b) Find out the median from the following data 5, 15, 16, 18, 45, 23, 35, 37, 18, 17, 18, 17 (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Explain the types of research with suitable examples. (CO1, K1)

Or

- (b) Discuss the need and importance of research in Physical Education. (CO1, K1)

17. (a) Discuss about research methodology in the research report. (CO2, K2)

Or

- (b) Explain the significance of the Questionnaires. (CO2, K2)

18. (a) Explain the need and importance of statistics in Physical Education (CO3, K3)

Or

- (b) Explain the types of statistics. (CO3, K3)

19. (a) Explain the uses of Graphical representation (CO4, K4)

Or

- (b) Discuss the procedure for Concept mapping. (CO4, K4)

20. (a) Compute the mean, median and mode from the following data. (CO5, K5)

CI	60-69	70-79	80-89	90-99	100-109	110-119
F	1	4	9	9	10	16
CI	120-129	130-139	140-149	150-159	160-169	
F	14	12	4	2	1	

Or

(b) Compute the quartile deviation from the following data (CO5, K5)

CI	60-69	50-59	40-49	30-39	20-29	10-19
F	1	6	10	15	6	2

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720503

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Physical Education

METHODS OF 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. The manner of artistic execution in presenting a subject matter is (CO1, K1)
 - (a) Personal preparation
 - (b) Presentation technique
 - (c) Technical preparation
 - (d) Class Management

2. Presentation in teaching must be simple to (CO1, K1)
 - (a) Lecture
 - (b) Demonstration
 - (c) Complex
 - (d) Explanation

3. Explaining briefly the activity itself shall be (CO2, K1)
 - (a) Verbal Explanation
 - (b) Orientation
 - (c) Demonstration
 - (d) Discussion

4. Follow me and Do as I do is an example for (CO2, K2)
(a) Oral method (b) Command method
(c) Part method (d) Imitation method
5. Calisthenics mean (CO2, K2)
(a) Free arm Exercise
(b) Aerobics
(c) Marching
(d) All the above
6. The materials used by a teacher in the class of his presentation is called (CO3, K1)
(a) Free arm Exercise (b) Aerobics
(c) Marching (d) All the above
7. The duration of formal part is (CO4, K1)
(a) 8 min (b) 10 min
(c) 18 min (d) 15 min
8. Extramural means (CO4, K2)
(a) Within institution (b) Between Institution
(c) With in campus (d) Within School
9. How many matches will be play for 16 teams? (CO5, K2)
(a) 11 (b) 14
(c) 17 (d) 15
10. Round Robin Tournament is otherwise called as (CO5, K2)
(a) Knock out tournament
(b) League tournament
(c) Challenge method
(d) Stair method

Part B

(5 × 5 = 25)

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

11. (a) Define the terms Methods in physical education.
(CO1, K2)

Or

- (b) What is meant by learning by doing? (CO1, K2)

12. (a) What is meant by Teaching aid and its purpose?
(CO2, K1)

Or

- (b) What are the criteria for audio-visual aids?
(CO2, K1)

13. (a) State that the steps in class management. (CO3, K2)

Or

- (b) Discuss about the advantages of lesson plan.
(CO3, K2)

14. (a) Write down the meaning of intramural and extramural.
(CO4, K2)

Or

- (b) What are the objectives of extramural activities?
(CO4, K1)

15. (a) Discuss about the combination tournament.
(CO5, K2)

Or

- (b) State that Bagnall wild method. (CO5, K1)

Part C

(5 × 8 = 40)

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

16. (a) Describe the factors influencing of methods in physical education. (CO1, K4)

Or

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

17. (a) Explain the different methods of teaching the physical activities. (CO2, K4)

Or

- (b) Illustrate about the types of audio- visual aids. (CO2, K3)

18. (a) Explain the factors influencing class management. (CO3, K4)

Or

- (b) Explain the principle of class management. (CO3, K2)

19. (a) How to organize the intramural competition and its advantages? (CO4, K4)

Or

- (b) Describe the types of incentives and awards in physical education. (CO4, K4)

20. (a) Draw a knock out fixture for 28 teams in special seeding method. (CO5, K4)

Or

- (b) Explain about the Round robin and Consolation tournament. (CO5, K4)

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Sub. Code

720504

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Physical Education

**ORGANIZATION AND ADMINISTRATION IN PHYSICAL
EDUCATION**

(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 is sports management is (CO1, K1)
 - (a) An Art
 - (b) A Science
 - (c) Both (a) and (b)
 - (d) None of the above

2. Which is first step of planning process is (CO1, K2)
 - (a) Determination of objectives
 - (b) Resources mobilisation
 - (c) Constraints identification
 - (d) Evaluation of alternative

3. The last link of the sports management chain is (CO2, K1)
- (a) Control of evaluation
 - (b) Finance and budget
 - (c) Public relationship
 - (d) None of the above
4. Whether or not a given source is genuine and admissible as evidence is found through (CO2, K1)
- (a) Internal criticism
 - (b) External criticism
 - (c) Both (a) and (b)
 - (d) None of the above
5. Which is basic function of management are (CO3, CO2)
- (a) Planning and organization
 - (b) Direction and programme development
 - (c) Personal management and financial management
 - (d) All the above
6. The first and foremost function of management is (CO3, K1)
- (a) Planning
 - (b) Organization
 - (c) Controlling
 - (d) Coordination

7. Which type of organization gives importance to people and their relationship? (CO4, K2)
- (a) Formal organization
 - (b) Informal Organization
 - (c) Business organization
 - (d) Strategic organization
8. What is the blue print of the competition plan (CO4, K1)
- (a) Tactice
 - (b) Technique
 - (c) Skill
 - (d) Strategy
9. Funds for the sports management can be collected through (CO5, K1)
- (a) Alumni Association
 - (b) Donation/Gift
 - (c) Fund from public sector undertaking
 - (d) All the above
10. Which is purpose of sports equipment's is a work of _____ committee. (CO5, K2)
- (a) Technical
 - (b) Logistics
 - (c) Finance
 - (d) Marketing

Part B

(5 × 5 = 25)

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

11. (a) Write short note on concept of sports management
(CO1, K2)

Or

- (b) Simplify the purpose and scope of sports management.
(CO1, K3)

12. (a) Simplify the factor affecting the planning. (CO2, K3)

Or

- (b) Justify the methods and style of leadership in the field of physical education.
(CO2, K5)

13. (a) Write short note on establishing a reporting system.
(CO3, K3)

Or

- (b) Simplify the high school level sports meet programme.
(CO3, K3)

14. (a) Justify the care and maintains of equipment's.
(CO4, K5)

Or

- (b) Justify the how to find out the location for your own specialization games.
(CO4, K4)

15. (a) Outline about how to maintain the records and registers.
(CO5, K2)

Or

- (b) Simplify the how to maintain the stock register.
(CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Describe about essential skill of sports management. (CO1, K2)

Or

- (b) Explain the qualities and competencies required for the sports management. (CO1, K4)

17. (a) Describe about planning process of sports management. (CO2, K2)

Or

- (b) Explain the sports performance appraisal. (CO2, K4)

18. (a) Briefly explain the school level district sports meet. (CO3, K2)

Or

- (b) Describe about conducting for College level sports meet programme. (CO3, K2)

19. (a) Explain the find out location and construction for gymnastics. (CO4, K4)

Or

- (b) Briefly explain the standard and non-standard equipment's. (CO4, K5)

20. (a) Discuss about preparation for budget for school zonal level meet. (CO5, K5)

Or

- (b) Explain the principles of curriculum design in physical education. (CO5, K4)
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Sub. Code

7205E1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth 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. Who is considered the “Father of Adapted Physical Education”? (CO1, K1)
 - (a) Carl Diem
 - (b) Franklin Henry
 - (c) Per Henrik Ling
 - (d) Ludwig Guttmann

2. Which of the following best defines Adapted Physical Education? (CO1, K1)
 - (a) A modified form of sports for all students
 - (b) A specialized program designed for individuals with disabilities
 - (c) A competitive sports training program
 - (d) An alternative to physical education

3. What is the most common cause of cerebral palsy? (CO2, K1)
- (a) Viral infection
 - (b) Brain damage during birth
 - (c) Poor nutrition
 - (d) Excessive physical activity
4. What is a common functional limitation of individuals with visual impairment? (CO2, K1)
- (a) Difficulty in spatial orientation
 - (b) Slow reaction time
 - (c) Speech delay
 - (d) Hyperactivity
5. What does AAHPER stand for? (CO3, K1)
- (a) American Alliance for Health, Physical Education, Recreation and Dance
 - (b) Association of Athletes for Health and Performance
 - (c) Adaptive and Assisted Health Physical Education Regulation
 - (d) American Association for Health and Physical Exercise Research
6. What is the primary goal of Unified Sports? (CO3, K1)
- (a) To create exclusive tournaments for disabled athletes
 - (b) To bring athletes with and without disabilities together
 - (c) To promote physical inactivity
 - (d) To replace Paralympic Games

7. Which of the following is NOT a co-curricular activity suitable for individuals with disabilities? (CO4, K1)
- (a) Music therapy
 - (b) Adventure sports
 - (c) Puzzle-solving
 - (d) Competitive boxing
8. Why is swimming beneficial for individuals with disabilities? (CO4, K1)
- (a) Provides resistance-based strength training
 - (b) Reduces joint stress
 - (c) Improves flexibility and coordination
 - (d) All of the above
9. Which of the following is NOT a type of rehabilitation? (CO5, K1)
- (a) Functional rehabilitation
 - (b) Psychological rehabilitation
 - (c) Sports rehabilitation
 - (d) Emotional rehabilitation
10. What is the main goal of aquatic therapy in rehabilitation? (CO5, K1)
- (a) To increase joint pressure
 - (b) To enhance relaxation and mobility
 - (c) To prevent social interaction
 - (d) To discourage movement

Part B

(5 × 5 = 25)

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

11. (a) Explain the need for and importance of adapted physical education. (CO1, K2)

Or

- (b) What basic qualifications are required for an Adapted Physical Education teacher? (CO1, K2)

12. (a) List and briefly explain any three types of disabilities. (CO2, K2)

Or

- (b) Explain the role of assistive devices for individuals with disabilities. (CO2, K2)

13. (a) Explain the guiding principles of Adapted Physical Education programs. (CO3, K3)

Or

- (b) How does Unified Sports promote inclusion? (CO3, K3)

14. (a) Explain the role of creative activities in Adapted Physical Education. (CO4, K3)

Or

- (b) Why are outdoor adventure programs important for individuals with disabilities? (CO4, K3)

15. (a) Define functional rehabilitation and its importance in Adapted Physical Education. (CO5, K3)

Or

- (b) List three common sports-related injuries and their first-aid measures. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Describe the role of physical education in Adapted Physical Education. (CO1, K4)

Or

- (b) Describe the evolution of Adapted Physical Education and its importance in modern education. (CO1, K4)

17. (a) Discuss the characteristics and functional limitations of individuals with mental retardation. (CO2, K4)

Or

- (b) Discuss the characteristics and functional limitations of physical disabilities. (CO2, K4)

18. (a) Describe the role of government welfare programs in promoting Adapted Physical Education. (CO3, K5)

Or

- (b) Discuss the parent-teacher association's role in teaching adapted physical activities among children with disabilities. (CO3, K5)

19. (a) Explain the benefits of adventure-based outdoor programs for individuals with disabilities. (CO4, K5)

Or

- (b) Discuss the role of aquatic activities in the physical and psychological well-being of disabled individuals. (CO4, K5)

20. (a) Discuss the rehabilitative role and importance of aquatic therapy for individuals with disabilities.
(CO5, K6)

Or

- (b) Explain the different types of rehabilitation programs and their role in Adapted Physical Education.
(CO5, K6)
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