

R4312

Sub. Code

25BPY1C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

First Semester

Physical Education

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. YMCA college of physical education was founded by
(CO1, K2)
 - (a) Thomas Kelvin
 - (b) Edward Stephen
 - (c) Harry Crowe Buck
 - (d) Charles Edward Beckon

2. In which period the western sports like cricket and football were introduced
(CO1, K1)
 - (a) British Period
 - (b) Early Hindu Period
 - (c) Medieval Period
 - (d) Later Hindu Period

3. The Olympic Motto was introduced in the year.
(CO2, K2)
 - (a) 1881
 - (b) 1862
 - (c) 1876
 - (d) 1894

4. How many days do the summer Olympics will be? (CO2, K2)
- (a) 15 (b) 16
(c) 21 (d) 25
5. Sports Authority of India was established in (CO3, K1)
- (a) 1981 (b) 1982
(c) 1983 (d) 1984
6. The award which is given for lifetime achievement in sports is (CO3, K2)
- (a) Arjuna Award
(b) Dronacharya Award
(c) Dhyan chand award
(d) Khel Ratna Award
7. To develop the moral character and intellect is (CO4, K2)
- (a) Realism (b) Idealism
(c) Naturalism (d) Humanism
8. The age of a person is a _____ age. (CO4, K1)
- (a) Chronological age (b) Anatomical Age
(c) Physiological Age (d) Mental Age
9. The human body type was introduced by Sheldon in the year. (CO5, K1)
- (a) 1942 (b) 1934
(c) 1956 (d) 1940
10. Which of the following plays the most important role in personality development of a child? (CO5, K2)
- (a) Physical Environment
(b) Heredity
(c) Education
(d) Climate

Part B

(5 × 5 = 25)

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

11. (a) Explain the role of physical education during Indus valley Civilization. (CO1, K3)

Or

- (b) Explain the purpose of Akhadas and Vyayarnshalas in the later Hindu period. (CO1, K3)

12. (a) Write a short history of ancient Olympics. (CO2, K3)

Or

- (b) A Shortnote on Olympic Motto and Flag. (CO2, K3)

13. (a) Explain about the NCC. (CO3, K2)

Or

- (b) Explain the national Coaching Schemes. (CO3, K2)

14. (a) Explain about the Fitness and Wellness. (CO4, K4)

Or

- (b) Explain the factors affecting growth. (CO4, K4)

15. (a) State Attitude and Aggression. (CO5, K4)

Or

- (b) Explain about the personality. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the historical development of physical education in India. (CO 1, K4)

Or

- (b) Illustrate about the progress of physical education in India after 1947. (CO1, K4)

17. (a) Explain about the Commonwealth games. (CO2, K3)

Or

- (b) Describe about the Modern Olympic games. (CO2, K3)

18. (a) Illustrate about the SAI. (CO3, K3)

Or

- (b) Explain the various awards in sports. (CO3, K3)

19. (a) Explain the philosophical foundation of physical education. (CO4, K3)

Or

- (b) Explain the different types of ages in biological foundation. (CO4, K4)

20. (a) Describe the classification of body types. (CO5, K3)

Or

- (b) Explain the Theories of play. (CO5, K3)

R4313

Sub. Code

2BPY1E1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

First Semester

Physical Education

**Elective — FITNESS AND WELLNESS
IN 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. Ability to overcome the resistance is called (CO1, K2)
(a) Strength (b) Endurance
(c) Flexibility (d) Speed
2. Which of the following is motor related physical fitness components? (CO1, K1)
(a) Agility (b) Power
(c) Reaction time (d) All the above
3. The chemical reaction changes in the human body is (CO2, K2)
(a) Fitness (b) Metabolism
(c) Energy (d) Wellness

4. Which molecule is considered the primary energy source of the cell? (CO2, K2)
- (a) DNA (b) ATP
(c) Glucose (d) NADH
5. Which of the following is not a principle of training? (CO3, K1)
- (a) Overload (b) Progression
(c) Repetition (d) Specificity
6. “Speed Play” means (CO3, K2)
- (a) Circuit Training (b) Interval Training
(c) Fartlek Training (d) Continuous Training
7. The technique involves focusing on tension and relaxing muscle group to reduce stress? (CO4, K2)
- (a) Autogenic training (b) JRT
(c) Visualization (d) Meditation
8. The technique used to reduce stress by imagining peaceful scenes is (CO4, K1)
- (a) Visualization (b) Music Exercise
(c) Asanas (d) Aerobics
9. The measurement of body fat relative to lean body mass is called (CO5, K1)
- (a) Flexibility (b) Weight
(c) Height (d) Body Composition

10. Psychological traits assessed in fitness testing is (CO5, K2)
- (a) Flexibility
 - (b) Motivate and stress tolerance
 - (c) Heart rate
 - (d) Body fat

Part B (5 × 5 = 25)

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

11. (a) Define the term Fitness and Wellness. (CO1, K3)
- Or
- (b) Define Psychological Fitness (CO1, K3)
12. (a) Define Bioenergetics. (CO2, K3)
- Or
- (b) Why body need energy? (CO2, K3)
13. (a) How to prevent injury. (CO3, K2)
- Or
- (b) What is meant by Fartlek training. (CO3, K2)
14. (a) State that stress management. (CO4, K4)
- Or
- (b) Explain autogenic training. (CO4, K4)
15. (a) What is meant by Fitness assessment? (CO5, K4)
- Or
- (b) Explain about the Body Composition. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Describe the Components of fitness and wellness. (CO1, K4)

Or

- (b) Describe the factors influencing fitness. (CO1, K4)

17. (a) Explain the characteristics of energy. (CO2, K3)

Or

- (b) Describe how the exercise impact the metabolism? (CO2, K3)

18. (a) Explain the principles of training. (CO3, K3)

Or

- (b) Explain Continuous training and Interval training. (CO3, K3)

19. (a) Explain the types of stress. (CO4, K3)

Or

- (b) Explain about JRT. (CO4, K4)

20. (a) Describe the measurement and evaluation of physical fitness. (CO5, K3)

Or

- (b) Explain the assessment of sociological and psychological traits. (CO5, K3)