

R4703

Sub. Code

25DPE1C1

D.P.Ed. EXAMINATION, APRIL – 2026

First Year

Physical Education

**PRINCIPLES AND HISTORY OF
PHYSICAL EDUCATION**

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Physical Culture mainly deals with _____. (CO1, K2)
 - (a) Scientific studies
 - (b) Improving physical fitness and strength
 - (c) Religious activities
 - (d) Physical growth

2. The philosophical foundation of Physical Education includes _____. (CO1, K2)
 - (a) Idealism (b) Realism
 - (c) Pragmatism (d) Naturalism

3. Growth refers to _____. (CO2, K1)
 - (a) Functional change
 - (b) Quantitative increase in body size
 - (c) Psychological maturity
 - (d) Social learning

4. Vital capacity is measured by _____. (CO2, K1)
- (a) Stethoscope
 - (b) Spirometer
 - (c) Sphygmomanometer
 - (d) Thermometer
5. Sociological foundation studies _____. (CO3, K1)
- (a) Body systems
 - (b) Social behavior in physical activity
 - (c) Muscle tone
 - (d) Growth only
6. National Integration means _____. (CO3, K2)
- (a) Division
 - (b) Publish
 - (c) News and current events
 - (d) Unity among people
7. Asian Games are organized by _____. (CO4, K1)
- (a) International Olympic Committee
 - (b) Olympic Council of Asia
 - (c) Asian Athletics Association
 - (d) Asian Paralympic Committee
8. Ancient Olympic Games were held in _____. (CO4, K1)
- (a) Athens
 - (b) Olympia
 - (c) Rome
 - (d) Sparta

9. USA influenced India in _____. (CO5, K2)
- (a) Modern sports administration
 - (b) Traditional games
 - (c) Tribal sports
 - (d) Sports Cultural development.
10. Inter University Sports Board functions under _____ (CO5, K2)
- (a) AIU
 - (b) SAI
 - (c) SGFI
 - (d) SDAT

Part B (5 × 5 = 25)

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

11. (a) Define Physical Training and Physical Culture. (CO1, K4)
- Or
- (b) Explain sources of principles of Physical Education. (CO1, K4)
12. (a) Explain Kretschmer's classification of body types. (CO2, K4)
- Or
- (b) Write short notes on Body Mechanics and its types. (CO2, K4)
13. (a) Discuss the relationship between Individual and Society. (CO3, K4)
- Or
- (b) Explain the role of social groups in society. (CO3, K4)
14. (a) Explain Physical Education in Ancient Greece. (CO4, K5)
- Or
- (b) Write about Asian Games. (CO4, K5)

15. (a) Write about Sports Development Authority of Tamil Nadu. (CO5, K6)

Or

- (b) Describe Physical Education in the Mohammedan Period. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain meaning and objectives of Education and Physical Education. (CO1, K4)

Or

- (b) Explain relationship of Physical Education with General Education. (CO1, K4)

17. (a) Explain Biological foundations of Physical Education. (CO2, K4)

Or

- (b) Explain the difference between boys and girls during adolescence. (CO2, K4)

18. (a) Explain National Integration and Social group significance. (CO3, K4)

Or

- (b) Discuss leadership qualities developed through Physical Education. (CO3, K4)

19. (a) Explain Physical Education in Ancient Rome. (CO4, K5)

Or

- (b) Write about the contribution of Adolph Spies and Friedrich Ludwig Jahn. (CO4, K5)

20. (a) Explain Physical Education in India during British period. (CO5, K6)

Or

- (b) Explain the functions and objectives of the Sports Authority of India and the Inter University Sports Board. (CO5, K6)

R4704

Sub. Code

25DPE1C2

D.P.Ed. DEGREE EXAMINATION, APRIL – 2026

First Year

Physical Education

SPORTS MANAGEMENT IN PHYSICAL EDUCATION

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Sports management mainly deals with _____. (CO1, K1)
 - (a) Teaching only
 - (b) Planning and organizing sports activities
 - (c) Playing games only
 - (d) Watching sports
2. The process of arranging sports activities in advance is called _____. (CO1, K2)
 - (a) Planning
 - (b) Controlling
 - (c) Supervising
 - (d) Evaluating
3. The person who directs sports activities is called _____. (CO2, K1)
 - (a) Player
 - (b) Captain
 - (c) Spectator
 - (d) Manager

4. Proper sports management helps to _____. (CO2, K2)
- (a) Waste time
 - (b) Improve Performance
 - (c) Reduce interest
 - (d) Avoid participation
5. Supervision means _____. (CO3, K1)
- (a) Ignoring activities
 - (b) Writing Reports
 - (c) Playing games
 - (d) Observing and guiding activities
6. A standard football field is an example of _____. (CO3, K2)
- (a) Facility
 - (b) Equipment
 - (c) Programme
 - (d) Budget
7. Programme planning helps _____. (CO4, K1)
- (a) Create confusion
 - (b) Achieve goals effectively
 - (c) Stop activities
 - (d) Waste resources
8. Which is an indoor facility? (CO4, K2)
- (a) Football field
 - (b) Cricket ground
 - (c) Basketball Court
 - (d) Hockey field

9. Which is a method of supervision? (CO5, K1)
- (a) Direct Supervision
 - (b) Sleeping
 - (c) Ignoring
 - (d) Avoiding
10. Maintenance of sports field helps to _____.
- (CO5, K2)
- (a) Damage field
 - (b) Ensure safety
 - (c) Reduce quality
 - (d) Avoid use

Part B

(5 × 5 = 25)

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

11. (a) Define Sports Management and explain its meaning. (CO1, K3)
- Or
- (b) Narrate the importance of sports management. (CO1, K3)
12. (a) Explain the importance of standard playfields. (CO2, K5)
- Or
- (b) List down the facilities required for sports activities. (CO2, K4)
13. (a) Explain programme planning in sports. (CO3, K4)
- Or
- (b) Explain the steps in programme planning. (CO3, K5)
14. (a) Define supervision and explain its importance. (CO4, K4)
- Or
- (b) Explain the qualities of a good supervisor. (CO4, K6)

15. (a) Explain the functions of sports management. (CO5, K4)

Or

(b) Explain the role of sports manager. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Briefly explain in detail the meaning and importance of sports management in physical education. (CO1, K4)

Or

(b) Discuss the principles and steps of programme planning in sports. (CO1, K5)

17. (a) Explain the facilities required for standard playfields and their maintenance. (CO2, K4)

Or

(b) Explain the importance of sports facilities in physical education. (CO2, K5)

18. (a) Explain various methods of supervision. (CO3, K4)

Or

(b) Discuss the direct and indirect supervision with examples. (CO3, K6)

19. (a) Illuminate the functions and responsibilities of sports manager. (CO4, K4)

Or

(b) Explain planning, organizing, and supervising in sports management. (CO4, K5)

20. (a) Explain the importance of standard playfields and sports facilities for performance and safety. (CO5, K5)

Or

(b) Explain the planning, construction, and maintenance of sports facilities. (CO5, K6)

R4705

Sub. Code

25DPE1C3

D.P.Ed. DEGREE EXAMINATION, APRIL – 2026

First Year

Physical Education

METHODS 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. The command method is mainly used to develop _____ (CO1, K1)
(a) Creativity (b) Freedom
(c) Discipline (d) Discussion
2. Demonstration method is useful for teaching _____ (CO1, K2)
(a) Theory (b) Practical skills
(c) History (d) Rules
3. Teaching method means _____. (CO2, K1)
(a) Way of teaching (b) Way of playing
(c) Way of running (d) Way of exercise

4. The lecture method is mainly used for _____. (CO2, K2)
- (a) Practical teaching
 - (b) Theory teaching
 - (c) Playing games
 - (d) Running
5. A lesson plan is prepared by _____. (CO3, K1)
- (a) Student
 - (b) Teacher
 - (c) Player
 - (d) Spectator
6. The main part of the lesson is called _____. (CO3, K2)
- (a) Introduction part
 - (b) Main activity part
 - (c) Conclusion part
 - (d) Rest part
7. Lesson plan helps in _____. (CO4, K1)
- (a) Effective teaching
 - (b) Poor teaching
 - (c) No teaching
 - (d) Wrong teaching
8. Knock-out tournament is also called _____. (CO4, K2)
- (a) Elimination tournament
 - (b) League tournament
 - (c) Challenge tournament
 - (d) Fixture tournament

9. Sports meet is organized to _____. (CO5, K1)
- (a) Develop sports skills
 - (b) Punish students
 - (c) Waste time
 - (d) Avoid games
10. League tournament is also called _____. (CO5, K2)
- (a) Knock-out tournament
 - (b) Round robin tournament
 - (c) Challenge tournament
 - (d) Combination tournament

Part B

(5 × 5 = 25)

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

11. (a) Explain importance of teaching methods. (CO1, K2)
- Or
- (b) Narrate the factors influencing teaching methods. (CO1, K2)
12. (a) Explain command method with example. (CO2, K2)
- Or
- (b) Explain demonstration method with example. (CO2, K2)
13. (a) Explain lesson plan and its importance. (CO3, K2)
- Or
- (b) Narrate the General lesson plan give a example. (CO3, K3)
14. (a) Explain sports meet organization. (CO4, K4)
- Or
- (b) Explain objectives of sports meet. (CO4, K3)

15. (a) Draw a fixtures on knockout tournament for 12 teams. (CO5, K3)
Or
(b) Narrate the advantages of league tournament. (CO5, K2)

Part C (5 × 8 = 40)

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

16. (a) Explain the need and importance of methods in physical education. (CO1, K2)
Or
(b) Discuss the presentation techniques in physical education. (CO1, K3)
17. (a) Explain various teaching methods in physical education. (CO2, K2)
Or
(b) Clarify the principles of class management in physical education. (CO2, K3)
18. (a) Explain about the Particular lesson Plan with your game. (CO3, K3)
Or
(b) Discuss teaching of physical activities in traditional level. (CO3, K3)
19. (a) Drawing a fixtures of knock out cum league tournament of 20 teams. (CO4, K3)
Or
(b) Describe the merits and demerits of intramural and extramural tournaments. (CO4, K5)
20. (a) Describe the non-standard sports meet. (CO5, K5)
Or
(b) Discuss the play day incentives and awards in physical education. (CO5, K6)

R4706

Sub. Code

25DPE1C4

D.P.Ed. EXAMINATION, APRIL – 2026

First Year

Physical Education

ANATOMY AND PHYSIOLOGY

(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 is the external boundary of living cell? (CO1, K1)
(a) Nucleus (b) Chromatin
(c) Cytoplasm (d) Cell wall
2. The vertebral column is part of the _____.
(CO1, K2)
(a) Appendicular skeleton
(b) Axial skeleton
(c) Pelvic girdle
(d) Limb bones
3. The main function of red blood cells is _____.
(CO2, K2)
(a) Fight infection
(b) Carry oxygen
(c) Clot blood
(d) Produce antibodies

4. Which is the factor affecting the blood pressure in the heart? (CO2, K1)
- (a) Cardiac output (b) Heart rate
(c) Blood clot (d) Blood vessels
5. The respiratory pathway is_____. (CO3, K2)
- (a) Nasal cavity, Larynx, Pharynx, Trachea, Bronchus
(b) Nasal cavity, Pharynx, Larynx, Trachea, Bronchus
(c) Nasal cavity, Trachea, Larynx, Pharynx, Bronchus
(d) Bronchus, Nasal cavity, Trachea, Larynx, Pharynx
6. What is the two Mechanism of respiration? (CO3, K2)
- (a) Inhalation, Exhalation
(b) Oxygen, Carbon-dioxide
(c) Inspiration, Expiration
(d) Bronchi, Bronchial
7. What is the primary function of the salivary glands? (CO4, K2)
- (a) Production of saliva for taste sensation
(b) Regulation of blood sugar levels
(c) Lubrication and digestion of food
(d) Filtering toxins from the blood
8. The functional unit of the kidney is _____. (CO4, K1)
- (a) Neuron (b) Nephron
(c) Villus (d) Alveolus

15. (a) Explain the functions of spinal cord and explain its role in reflex actions. (CO5, K3)
Or
(b) Draw the human brain and explain its major parts. (CO5, K3)

Part C (5 × 8 = 40)

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

16. (a) Differentiate the Smooth, cardiac and skeletal muscles and explain its functions. (CO1, K4)
Or
(b) Evaluate the importance of tendons and ligaments in the musculoskeletal system. (CO1, K5)
17. (a) List down the steps of blood clotting and explain the importance of each step. (CO2, K5)
Or
(b) Draw a neat diagram of the human heart and explain the functions of its chambers and valves. (CO2, K5)
18. (a) Explain the structure of the respiratory passage from nostrils to alveoli. (CO3, K5)
Or
(b) Illustrate the difference between External Respiration and Internal Respiration. (CO3, K5)
19. (a) Describe the structure of stomach, pancreas, and liver and explain coordinate in digestion. (CO4, K4)
Or
(b) Draw a neat diagram of kidney and explain function of kidney. (CO4, K5)
20. (a) Explain the location and functions of the thyroid, parathyroid glands and its roles in endocrine system. (CO5, K6)
Or
(b) Elaborate the function of autonomic nervous system. (CO5, K6)

R4707

Sub. Code

25DPE1C5

D.P.Ed. EXAMINATION, APRIL – 2026

First Year

Physical Education

**OFFICIATING, RULES OF GAMES AND
SPORTS COACHING — I**

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. The dimension of a standard football goal post _____.
(CO1, K1)
 - (a) 5 × 2 meters
 - (b) 7 × 3 meters
 - (c) 6 × 8 meters
 - (d) 4 × 2 meters
2. Which skill is used to move the ball while running?
(CO1, K2)
 - (a) Passing
 - (b) Dribbling
 - (c) Shooting
 - (d) Catching
3. Official of the track events in an athletic meet are assistants to the _____.
(CO2, K2)
 - (a) Chief Judge
 - (b) Referee
 - (c) Technical manager
 - (d) Technical official

4. How many referees typically officiate a standard handball match? (CO2, K2)
(a) 1 (b) 4
(c) 3 (d) 2
5. Tactics in sports refer to _____. (CO3, K2)
(a) Game plans (b) Planned strategies
(c) Playing methods (d) Strategic moves
6. Which of the following is a key principle in basketball defence? (CO3, K1)
(a) Zone defence (b) Double dribble
(c) Full-court press (d) Fast break
7. The ability to move joints through their full range of motion is _____. (CO4, K1)
(a) Strength (b) Endurance
(c) Speed (d) Flexibility
8. The maximum force a muscle or group of muscles can generate is known as _____. (CO4, K2)
(a) Strength (b) Endurance
(c) Speed (d) Flexibility
9. The best session for doing fartlek training is _____. (CO5, K2)
(a) Off season (b) Pre-season
(c) In season (d) Transition period
10. What is the primary purpose of weight training? (CO5, K2)
(a) Cardiovascular fitness
(b) Flexibility
(c) Strength and muscle development
(d) Balance

Part B

(5 × 5 = 25)

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

11. (a) Write about the methods of coaching in athletics. (CO1, K3)

Or

- (b) Write down the standard equipment for softball game and its specification. (CO1, K3)

12. (a) What are the rules followed in the game of throw ball? (CO2, K4)

Or

- (b) Describe the officiating signals of basketball game. (CO2, K4)

13. (a) What is fundamental skill in football? And explain any two skills. (CO3, K3)

Or

- (b) What is team tactics? (CO3, K3)

14. (a) List down the types of warming up and explain. (CO4, K5)

Or

- (b) What is the meaning print copies of sports training? (CO4, K5)

15. (a) Explain fartlek training. (CO5, K4)

Or

- (b) What are the weight training exercise? (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Explain the history and development of your own specialization. (CO1, K3)
- Or
- (b) Draw a neat diagram of basketball ball court and mention their dimensions. (CO1, K3)
17. (a) Outline the system of officiating in the game of basketball. (CO2, K4)
- Or
- (b) Explain the roles and responsibilities of officials under the team officiating system. (CO2, K4)
18. (a) Generate the individual and team practice of your own specialization. (CO3, K5)
- Or
- (b) Briefly explain the teaching fundamental skills of own specialization. (CO3, K5)
19. (a) Discuss about the physical conditioning and exercises. (CO4, K4)
- Or
- (b) Differentiate between the strength endurance and speed training. (CO4, K5)
20. (a) Explain the fartlek training and make training schedule for basketball players. (CO5, K6)
- Or
- (b) Design an interval training programme suitable for softball players. (CO5, K6)

R5073

Sub. Code

771201

D.P.Ed. DEGREE EXAMINATION, APRIL – 2026

Second Year

Physical Education

MEASUREMENT AND EVALUATION

(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. Reliability denoted _____. (CO1, K2)
 - (a) Consistency of performance
 - (b) Variability among groups
 - (c) Inconsistency among subject
 - (d) Availability of norms

2. A Standard score used for comparison of obtained score is called _____. (CO1, K2)
 - (a) Criteria
 - (b) Norms
 - (c) Validity
 - (d) Reliability

3. The _____ is the collection of information on which a decision is based. (CO2, K4)
 - (a) Measurement
 - (b) Evaluation
 - (c) Test
 - (d) Data

4. Which type of test is designed by educators for specific classroom needs? (CO2, K4)
 - (a) Standard test
 - (b) Teacher-made test
 - (c) Objective test
 - (d) Subjective test

5. Which test items are used to measure the ability of individuals to perform basic fundamental motor skills? (CO3, K2)
- (a) AAHPERD Test
 - (b) Indiana Motor Fitness Test
 - (c) SDAT Test
 - (d) JCR Test
6. How many test items in Johnson basketball test? (CO3, K1)
- (a) One
 - (b) Two
 - (c) Three
 - (d) Four
7. Which test assesses cardiovascular fitness with a 12-minute run? (CO4, K2)
- (a) Harvard Step Test
 - (b) Cooper's 12-Minute Run Test
 - (c) Shuttle Run Test
 - (d) VO2 Max Test
8. Which postural test evaluates body alignment? (CO4, K2)
- (a) Sit and Reach Test
 - (b) Woodruff Alignment Posture Test
 - (c) Stork Stand Test
 - (d) Balance Beam Test
9. Bounce and shoot is a test item in _____ test. (CO5, K1)
- (a) Johnson Basketball Test
 - (b) Lellich basketball test
 - (c) McDonald Test
 - (d) Dyer test
10. Dyer test is used in the game of _____. (CO5, K1)
- (a) Cricket
 - (b) Football
 - (c) Tennis
 - (d) Volleyball

Part B

(5 × 5 = 25)

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

11. (a) Explain need and importance of test, measurement and evaluation. (CO1, K2)

Or

- (b) What is norms? Discuss different types of norms. (CO1, K2)

12. (a) Explain the duties during testing and duties after testing. (CO2, K4)

Or

- (b) Explain the purpose of classifications of test. (CO2, K4)

13. (a) Write the purpose Barrow Motor ability test. (CO3, K4)

Or

- (b) Write the meaning of physical fitness. (CO5, K4)

14. (a) Describe about of evaluation Physical Education. (CO4, K5)

Or

- (b) Write about the classification of pupil. (CO4, K5)

15. (a) Explain the French short service test. (CO5, K4)

Or

- (b) How will you conduct the Dyer tennis test? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Describe the test, measurement and evaluation and brief history of test, measurement and evaluation. (CO1, K5)

Or

- (b) Explain the concept of validity and objectivity. (CO1, K4)

17. (a) Explain the construction of knowledge's test and skill test. (CO2, K4)

Or

- (b) Explain the objectivity and norms. (CO2, K4)

18. (a) Write the testing procedures for the barrow motor ability test. (CO3, K4)

Or

- (b) Explain AAPHERD youth fitness test. (CO3, K4)

19. (a) Explain the need and importance of classification. (CO4, K5)

Or

- (b) Explain the methods of classification grading and evaluation in physical education. (CO4, K5)

20. (a) Explain the testing procedures of the Russell langue volleyball test. (CO5, K4)

Or

- (b) Explain the test procedures of the Johnson basketball test. (CO5, K4)

R5074

Sub. Code

771202

D.P.Ed. EXAMINATION, APRIL – 2026

Second Year

Physical Education

RECREATION, CAMPING AND SAFETY 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. Which of the following is a significance of recreation? (CO1, K2)
 - (a) Increases stress levels
 - (b) Detracts from overall well-being
 - (c) Promotes physical, mental, and emotional health
 - (d) Decreases social interaction

2. What is the scope of recreation? (CO1, K2)
 - (a) Limited to indoor activities only
 - (b) Encompasses a wide range of leisure pursuits and activities
 - (c) Focuses solely on competitive sports
 - (d) Excludes activities related to physical exercise

3. What was the primary purpose of recreation in primitive cultures? (CO2, K1)
- (a) Competitive sports
 - (b) Social bonding and cohesion
 - (c) Economic gain
 - (d) Political dominance
4. Which facility is typically found in community centers? (CO2, K2)
- (a) Swimming pools
 - (b) Tennis courts
 - (c) Meeting rooms
 - (d) Picnic areas
5. What is the primary objective of camping? (CO3, K1)
- (a) To increase stress levels
 - (b) To spend leisure time outdoors for relaxation and adventure
 - (c) To disconnect from nature
 - (d) To engage in indoor activities
6. What skills are essential for success in a career in recreation? (CO3, K1)
- (a) Technical expertise only
 - (b) Scientific research abilities
 - (c) Financial management exclusively
 - (d) Interpersonal communication, organizational, and problem-solving skills

7. What role do recreation professionals play in community development? (CO4, K1)
- (a) They facilitate social interaction and promote healthy lifestyles
 - (b) They have no impact on community well-being
 - (c) They focus solely on individual pursuits
 - (d) They prioritize profit over community engagement
8. How can safety education help prevent accidents at home? (CO4, K5)
- (a) By promoting careless behavior
 - (b) By raising awareness of potential dangers and teaching preventive measures
 - (c) By ignoring safety guidelines
 - (d) By focusing solely on emergency response
9. Which of the following is an example of a fire hazard in the home? (CO5, K2)
- (a) Smoke detectors
 - (b) Fire extinguishers
 - (c) Unattended candles
 - (d) Electrical outlets with protective covers
10. How does proper storage of hazardous materials contribute to home safety? (CO5, K1)
- (a) It increases the risk of accidents
 - (b) It minimizes the risk of poisoning and fires
 - (c) It encourages children to play with dangerous substances
 - (d) It is irrelevant to home safety

Part B

(5 × 5 = 25)

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

11. (a) Write the scope of recreation and camping. (CO1, K2)

Or

- (b) Write the objectives of recreation. (CO1, K2)

12. (a) Explain the Recreation in commercial agencies. (CO2, K4)

Or

- (b) Write the note on recreation in urban community. (CO2, K4)

13. (a) Write the General Principles of Programme Construction. (CO3, K4)

Or

- (b) Write about Drama and dancing Programmes. (CO3, K4)

14. (a) What are the Techniques that are adopted to maintain the leadership strategies? (CO4, K5)

Or

- (b) What are the career opportunities of Recreation? (CO4, K5)

15. (a) Write the importance of productive equipment's in swimming pool. (CO5, K6)

Or

- (b) Write the need of safety education in gymnasium. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) How do you organize recreational activities?
(CO1, K2)

Or

- (b) Explain the Relationship of Play, Work Recreation.
(CO1, K4)

17. (a) Write the government agencies offering the recreation programmes.
(CO2, K4)

Or

- (b) Write down recreation areas, equipment facilities and their maintenance.
(CO2, K4)

18. (a) Explain the program planning for recreational activities and general principles of constructions.
(CO3, K4)

Or

- (b) Write types of recreation and explain any three in detail.
(CO3, K4)

19. (a) Define camping and explain types of camps, scope and significance of camping.
(CO4, K5)

Or

- (b) Explain the leadership supervision functions in camp program.
(CO4, K5)

20. (a) Write meaning of safety education and explain factors affecting safety at home. (CO5, K6)

Or

- (b) Explain the role of physical education teacher in safety. (CO5, K6)
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R5075

Sub. Code

771203

D.P.Ed. EXAMINATION, APRIL – 2026

Second Year

Physical Education

**HEALTH EDUCATION, NUTRITION AND SPORTS
INJURY MANAGEMENT**

(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. A common school health problem that physical education teachers address is _____. (CO1, K2)
 - (a) Poor academic performance
 - (b) Physical inactivity and obesity
 - (c) Teacher absenteeism
 - (d) Lack of classroom discipline

2. Personal hygiene involves _____. (CO1, K2)
 - (a) Regular exercise and balanced diet
 - (b) Proper body cleanliness and grooming habits
 - (c) Frequent participation in sports
 - (d) Avoiding all forms of physical activity

3. Which disease is characterized by severe diarrhea and dehydration? (CO2, K2)
 - (a) Dysentery
 - (b) Typhoid
 - (c) Diphtheria
 - (d) Mumps

4. Immunity refers to _____. (CO2, K1)
- (a) The body's ability to fight infections
 - (b) The spread of diseases
 - (c) The cause of bacterial infections
 - (d) The prevention of injuries
5. What is a key factor in diet planning for athletes? (CO3, K1)
- (a) Preference for fast food
 - (b) Time of physical activity and energy requirements
 - (c) Avoidance of carbohydrates
 - (d) Eliminating fats completely
6. Sports nutrition focuses on _____. (CO3, K1)
- (a) Enhancing performance and recovery
 - (b) Reducing body weight
 - (c) Limiting calorie intake
 - (d) Avoiding all forms of physical activity
7. Which type of injury refers to a partial dislocation? (CO4, K2)
- (a) Subluxation
 - (b) Fracture
 - (c) Contusion
 - (d) Abrasion
8. First aid for a burn involves _____. (CO4, K1)
- (a) Applying direct heat to the area
 - (b) Cooling the area with water or a cold compress
 - (c) Bandaging tightly to stop swelling
 - (d) Puncturing blisters immediately
9. Which type of massage involves applying firm pressure to release tension in deep muscle layers? (CO5, K2)
- (a) Effleurage
 - (b) Petrissage
 - (c) Deep tissue massage
 - (d) Vibration massage

10. Therapeutic exercises are aimed at _____.(CO5, K1)
- (a) Improving mobility and strength after an injury
 - (b) Preparing for high-intensity sports competitions
 - (c) Increasing caloric intake
 - (d) Preventing mental health issues

Part B (5 × 5 = 25)

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

11. (a) Write short notes on the concept of school health services. (CO1, K2)

Or

- (b) What are the key aspects of personal hygiene that need to be taught in schools? (CO1, K2)

12. (a) Define immunity and explain how vaccination contributes to the prevention of infectious diseases. (CO2, K4)

Or

- (b) What are the common methods used to control the spread of infectious diseases in schools? (CO2, K2)

13. (a) Explain the importance of carbohydrates in an athlete's diet. (CO3, K4)

Or

- (b) What factors influence diet planning for athletes? (CO3, K2)

14. (a) Discuss the significance of first aid in managing sports injuries. (CO4, K5)

Or

- (b) Describe the treatment methods for punctured wounds and burns in athletes. (CO4, K5)

15. (a) Explain the classification and effects of massage on the body. (CO5, K4)

Or

- (b) Discuss the principles of therapeutic exercises used in rehabilitation from sports injuries. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the role of medical examinations in schools. (CO1, K4)
- Or
- (b) Evaluate the role of a physical education teacher in schools. (CO1, K5)
17. (a) Discuss the role of immune system functions in combating infections and how they contribute to health maintenance. (CO2, K4)
- Or
- (b) Explain in detail the different types of immunity and their significance in disease prevention. (CO2, K4)
18. (a) Discuss the relationship between sports performance and nutrition. (CO3, K4)
- Or
- (b) Elaborate on the importance of energy balance in an athlete's diet and how it affects performance. (CO3, K4)
19. (a) Discuss the recovery process for athletes after a fracture and the role of rehabilitation in restoring. (CO4, K5)
- Or
- (b) Explain the common causes, symptoms, and treatment methods for dislocation in sports. (CO4, K5)
20. (a) Discuss the role of different physiotherapy modalities in the rehabilitation of common sports injuries. (CO5, K6)
- Or
- (b) Explain the concept of therapeutic exercises, their types, and how they aid in the rehabilitation of sports injuries. (CO5, K4)

R5076

Sub. Code

771204

D.P.Ed. DEGREE EXAMINATION, APRIL – 2026

Second Year

Physical Education

**EDUCATIONAL TECHNOLOGY 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. Educational Technology is an effective in _____ (CO1, K2)
 - (a) Method
 - (b) Teaching
 - (c) Training
 - (d) Learning

2. Primary role of teachers in education _____ (CO1, K2)
 - (a) Curriculum standards
 - (b) School facilities
 - (c) Learning
 - (d) Educational resources

3. Blackboard was used on _____. (CO2, K1)
- (a) Writing or drawing with chalk
 - (b) Digital images
 - (c) Audio recordings
 - (d) Recording
4. Function of a diagram _____. (CO2, K1)
- (a) Information visually
 - (b) Audio recordings
 - (c) Lengthy text
 - (d) Record attendance
5. Which is the use of slide projector _____. (CO3, K2)
- (a) Displaying photographic slides
 - (b) Writing lengthy text
 - (c) Audio recordings
 - (d) Recording attendance
6. Newspaper followed for _____. (CO3, K4)
- (a) Broadcasting
 - (b) Publish
 - (c) News and current events
 - (d) Entertainment

7. What is the full form of email? (CO4, K1)
- (a) Electronic Mail
 - (b) Effective Messaging
 - (c) Efficient Mailing
 - (d) Encrypted Messaging
8. “Website” refer to _____. (CO4, K2)
- (a) Purchasing goods
 - (b) Web pages accessible over the internet
 - (c) Sending digital messages
 - (d) Media platform
9. Which equipment used for ground marking? (CO5, K2)
- (a) Paint roller
 - (b) Hammer
 - (c) Measuring tape
 - (d) Line striping machine
10. Main goal of student counselling services? (CO5, K1)
- (a) Providing academic tutoring
 - (b) Emotional and mental health support
 - (c) Organizing sports events
 - (d) Conducting science experiments

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on Education Technology.
(CO1, K2)

Or

- (b) Write short notes on the scope of education technology.
(CO1, K2)

12. (a) List down various types of black board. Explain it.
(CO2, K4)

Or

- (b) Explain the purpose of charts. (CO2, K4)

13. (a) What is the meaning of overhead projector?
(CO3, K4)

Or

- (b) Describe about the three-dimensional aids.
(CO3, K4)

14. (a) Classification about the score board.
(CO4, K5)

Or

- (b) Give the explanation of video conferencing.
(CO4, K5)

15. (a) What are the techniques in ground preparation?
(CO5, K6)

Or

- (b) Discuss about the storage of equipment.
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain the need and importance of education technology in physical education. (CO1, K2)

Or

- (b) Describe about the rote on physical education. (CO1, K2)

17. (a) Briefly explain black board and use of black board. (CO2, K4)

Or

- (b) What about the chart and explain their types? (CO2, K4)

18. (a) Write about the meaning of graphs and its types to explain. (CO3, K4)

Or

- (b) How to prepare handling books in library? (CO3, K4)

19. (a) Briefly explain E-learning and its importance. (CO4, K5)

Or

- (b) What are the facilities in educational institution? (CO4, K5)

20. (a) Discuss about the importance of tools on ground marking and maintenance. (CO5, K6)

Or

- (b) Detail about the duties of ground staff teacher. (CO5, K6)
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R5077

Sub. Code

771205

D.P.Ed. EXAMINATION, APRIL – 2026

Second Year

Physical Education

**OFFICIATING AND RULES OF GAMES AND SPORTS
AND COACHING – II**

(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 volleyball pole height is _____. (CO1, K2)
(a) 2.55 m (b) 2.43 m
(c) 2.50 m (d) 2.24 m

2. Length and Width of Women Kho-Kho Field _____. (CO1, K2)
(a) 24 × 14 (b) 23 × 14
(c) 25 × 14 (d) 22 × 14

3. Weight of the Woman javelin _____. (CO2, K1)
(a) 500 grams (b) 600 grams
(c) 700 grams (d) 800 grams

4. Who invented the weight training? (CO2, K1)
(a) Van Aaken
(b) Morgan and Adamson
(c) Greshler
(d) Freidick yann

5. Passive flexibility due to? (CO3, K2)
(a) Assistant person (b) External help
(c) Using machine (d) Rehabilitation
6. Longest training cycle is _____. (CO3, K2)
(a) Micro cycle (b) Macro cycle
(c) Meso cycle (d) All the above
7. "Speed play" is also called _____. (CO4, K1)
(a) Fartlek Training (b) Circuit Training
(c) Power Training (d) Pyramid Training
8. 'Super compensation' means _____. (CO4, K1)
(a) Fatigue
(b) Second wind
(c) Adaptation to load
(d) Oxygen debt
9. Overload is _____. (CO5, K1)
(a) The state of increased performance
(b) The state of decreased performance
(c) The state of static performance
(d) No performance
10. The ability to overcome maximal resistance is called as _____. (CO5, K1)
(a) Maximum strength
(b) Explosive strength
(c) Strength endurance
(d) Speed endurance

Part B

(5 × 5 = 25)

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

11. (a) Write the history and development of Table Tennis.
(CO1, K2)

Or

- (b) Draw a neat diagram of the Javelin throw arena with its specifications.
(CO1, K2)

12. (a) Write the five officiating signals in Volleyball.
(CO2, K4)

Or

- (b) Write any three service rules in Ball Badminton.
(CO2, K4)

13. (a) Write any three drills for any three skills in Kho-Kho.
(CO3, K4)

Or

- (b) List out any ten lead-up games in Badminton.
(CO3, K4)

14. (a) Write about types of flexibility.
(CO4, K5)

Or

- (b) Short note on sensory method and combination of movement method.
(CO4, K5)

15. (a) Write about the importance of weight training.
(CO5, K6)

Or

- (b) Briefly discuss Interval training.
(CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the history and development of Cricket.
(CO1, K2)
- Or
- (b) Draw a neat diagram of the Badminton court and its equipment with the necessary specifications.
(CO1, K2)
17. (a) Discuss the officiating mechanism in Kho-Kho.
(CO2, K4)
- Or
- (b) Explain the rules and regulations of Table Tennis.
(CO2, K4)
18. (a) Explain the fundamental skills in Cricket.
(CO3, K4)
- Or
- (b) Discuss the rules and regulations of the High jump.
(CO3, K4)
19. (a) Explain the types of coordinative abilities with sports examples.
(CO4, K5)
- Or
- (b) Prepare a 10-day micro cycle plan for the specific preparatory training session.
(CO4, K5)
20. (a) Draw a 12-circuit training exercise to improve the strength endurance with appropriate loads.
(CO5, K6)
- Or
- (b) Explain the significance of fartlek training with suitable events.
(CO5, K4)