

**R4714**

**Sub. Code**

**25DSC2C1**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Second Semester**

**Sports Coaching for Persons with Disabilities**

**SPORTS MEDICINE**

**(CBCS – 2025 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. Sports medicine mainly deals with (CO1, K1)
  - (a) Treatment of general diseases
  - (b) Prevention and management of sports injuries
  - (c) Body building
  - (d) Fitness testing only
  
2. Which one of the following is a lower limb injury? (CO5, K1)
  - (a) Concussion
  - (b) Hip injury
  - (c) Tennis Elbow
  - (d) Laceration
  
3. RICE stands for (CO1, K2)
  - (a) Rest, Ice, Compression, Elevation
  - (b) Run, Ice, Care, Exercise
  - (c) Rest, Immobilization, Care, Exercise
  - (d) Recovery. Ice, Compression, Exercise

4. Which of the following is a soft tissue injury? (CO2, K2)  
(a) Fracture (b) Dislocation  
(c) Sprain (d) Deformity
5. A fracture is defined as (CO2, K1)  
(a) Stretching of ligament  
(b) Tearing of muscle  
(c) Break in the continuity of bone  
(d) Twisting of joint
6. Dehydration mainly occurs due to (CO3, K1)  
(a) Excess intake of water  
(b) Loss of body fluids  
(c) Increase in body fat  
(d) Increase in body temperature only
7. CPR is performed to (CO3, K2)  
(a) Increase muscle strength  
(b) Restore breathing and circulation  
(c) Reduce pain  
(d) Improve flexibility
8. Which vitamin is essential for bone health? (CO4, K1)  
(a) Vitamin A (b) Vitamin B  
(c) Vitamin C (d) Vitamin D
9. Warming up helps to (CO4, K2)  
(a) Cause fatigue  
(b) Increase risk of injury  
(c) Prepare body for physical activity  
(d) Reduce heart rate
10. Rehabilitation mainly aims to (CO5, K2)  
(a) Stop all activity  
(b) Restore functional ability  
(c) Increase injury  
(d) Avoid movement

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the meaning and importance of Sports Medicine. (CO1, K4)

Or

- (b) Explain strengthening and mobilization exercises used in rehabilitation. (CO1, K4)

12. (a) Explain strapping and taping with principles and precautions. (CO2, K4)

Or

- (b) Outline Jacobson deep relaxation and quick instant relaxation techniques. (CO2, K4)

13. (a) Differentiate between acute and chronic sports injuries. (CO3, K4)

Or

- (b) List the signs of inflammation in sports injuries. (CO3, K4)

14. (a) Explain shoulder and elbow injuries with causes and symptoms. (CO4, K4)

Or

- (b) Outline breathing exercises for thorax injuries. (CO4, K4)

15. (a) Apply suitable stretching and strengthening exercises for ankle injury. (CO5, K3)

Or

- (b) Apply supporting and aiding techniques for abdominal muscle strain. (CO5, K3)

**Part C**

(5 × 8 = 40)

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

16. (a) Justify the importance of Sports Medicine in injury prevention and rehabilitation. (CO1, K5)
- Or
- (b) Examine the use of therapeutic and gait training exercises in Sports Medicine. (CO1, K5)
17. (a) Classify basic rehabilitation techniques used in sports injuries. (CO2, K4)
- Or
- (b) Evaluate the role of relaxation techniques in rehabilitation programmes. (CO2, K5)
18. (a) Explain the stages of healing in sports injuries. (CO3, K4)
- Or
- (b) Evaluate PRICE and PRINCE therapy in sports injury management. (CO3, K5)
19. (a) Explain upper limb injuries and suitable rehabilitation exercises. (CO4, K4)
- Or
- (b) Discuss the role of supporting and aiding techniques in upper limb injuries. (CO4, K5)
20. (a) Examine lower limb rehabilitation exercises for sports injuries. (CO5, K5)
- Or
- (b) Prepare a simple rehabilitation programme for ankle injury. (CO5, K6)

**R4715**

**Sub. Code**

**25DSC2C2**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Second Semester**

**Sports Coaching for Persons with Disabilities**

**METHODS OF COACHING**

**(CBCS – 2025 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. Coaching is mainly concerned with : (CO1, K1)
  - (a) Teaching classroom subjects
  - (b) Improving sports performance
  - (c) Conducting examinations
  - (d) Medical treatment
  
2. The main role of a coach is to : (CO1, K2)
  - (a) Punish players
  - (b) Motivate and guide athletes
  - (c) Only select players
  - (d) Control discipline only

3. Which method is most suitable for beginners? (CO2, K2)
- (a) Whole method
  - (b) Part method
  - (c) Trial and error method
  - (d) Competitive method
4. The demonstration method helps mainly in : (CO2, K1)
- (a) Visual learning
  - (b) Verbal understanding
  - (c) Written learning
  - (d) Memory training
5. A training programme should be based on : (CO3, K2)
- (a) Coach's interest
  - (b) Athletes age, ability and needs
  - (c) Competition schedule only
  - (d) Facilities only
6. Motivation in coaching is important to : (CO3, K1)
- (a) Create fear
  - (b) Improve performance and confidence
  - (c) Increase punishment
  - (d) Reduce participation
7. Feedback given immediately after performance is called:  
(CO4, K1)
- (a) Delayed feedback
  - (b) Terminal feedback
  - (c) Immediate feedback
  - (d) Written feedback

8. Which one is a type of training method? (CO4, K1)
- (a) Interval training
  - (b) Dictation method
  - (c) Lecture method
  - (d) Writing method
9. Evaluation in coaching is used to : (CO5, K2)
- (a) Find mistakes and improvement areas
  - (b) Punish athletes
  - (c) Stop training
  - (d) Increase workload only
10. Individual coaching is most useful when : (CO5, K2)
- (a) Group is large
  - (b) Athlete needs personal attention
  - (c) Time is limited
  - (d) Facilities are less

**Part B**

(5 × 5 = 25)

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

11. (a) Outline the meaning and scope of coaching methods. (CO1, K4)

Or

- (b) Explain the principles of teaching with reference to learning by doing. (CO1, K4)

12. (a) Differentiate between different methods of coaching activities. (CO2, K4)

Or

- (b) Outline the purpose and criteria of audio-visual teaching aids. (CO2, K4)

13. (a) List the principles of class management. (CO3, K4)

Or

- (b) Outline the advantages of a lesson plan. (CO3, K4)

14. (a) Explain the objectives of intramural activities. (CO4, K3)

Or

- (b) Outline the principles of inter-institutional competition. (CO4, K4,)

15. (a) Draw fixtures for 6 teams using knock-out tournament method. (CO5, K3)

Or

- (b) Prepare fixtures for 5 teams using round robin tournament method. (CO5, K3)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the factors that influence methods of teaching in coaching. (CO1, K5)

Or

- (b) Justify the importance of learning by doing for persons with disabilities. (CO1, K5)

17. (a) Examine the types of audio-visual teaching aids used in coaching. (CO2, K5)

Or

- (b) Evaluate the role of teaching aids in coaching activities. (CO2, K5)

18. (a) Analyse the steps involved in class management. (CO3, K4)

Or

- (b) Examine the types and principles of lesson plan. (CO3, K5)

19. (a) Evaluate the advantages of intramural activities in educational institutions. (CO4, K5)

Or

- (b) Discuss the objectives of extramural activities. (CO4, K5)

20. (a) Draw fixtures for 7 teams using consolation tournament method. (CO5, K4)

Or

- (b) Prepare a fixture for 8 teams using combination tournament method. (CO5, K6)

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**R4716**

**Sub. Code**

**25DSC2C3**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Second Semester**

**Sports Coaching for Persons with Disabilities**

**FITNESS MANAGEMENT**

**(CBCS – 2025 onwards)**

Time : Three Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. Fitness means: (CO1, K1)
  - (a) Absence of disease
  - (b) Ability to perform daily activities with vigor and alertness
  - (c) Only muscular strength
  - (d) Only endurance
  
2. Which is a component of physical fitness? (CO1, K2)
  - (a) Speed
  - (b) Flexibility
  - (c) Coordination
  - (d) All the above
  
3. BMI stands for: (CO1, K1)
  - (a) Body Muscle Index
  - (b) Body Mass Index
  - (c) Body Measurement Index
  - (d) Basic Metabolic Index

4. Which component of fitness is related to the heart and lungs? (CO2, K1)
- (a) Muscular strength
  - (b) Muscular endurance
  - (c) Cardio-respiratory endurance
  - (d) Flexibility
5. Stretching exercises mainly improve: (CO2, K1)
- (a) Speed
  - (b) Balance
  - (c) Flexibility
  - (d) Power
6. Circuit training is mainly used to develop: (CO3, K2)
- (a) Only strength
  - (b) Only endurance
  - (c) Both strength and endurance
  - (d) Only flexibility
7. Which test is used to measure cardiovascular endurance? (CO3, K1)
- (a) Sit and reach test
  - (b) 12-minute run/walk test
  - (c) Standing broad jump
  - (d) Pull-ups
8. Warm-up is important because it: (CO4, K2)
- (a) Causes tiredness
  - (b) Prepares body for exercise
  - (c) Reduces heart rate suddenly
  - (d) Increases injury risk
9. Cool-down helps to: (CO4, K2)
- (a) Prevent muscle soreness and dizziness
  - (b) Increase blood pressure
  - (c) Stop blood flow
  - (d) Increase fatigue

10. Fitness assessment is done to: (CO5, K2)
- (a) Punish students
  - (b) Measure fitness level and progress
  - (c) Reduce training
  - (d) Increase workload only

**Part B**

(5 × 5 = 25)

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

11. (a) Outline the concept and need of Fitness and Wellness. (CO1, K4)
- Or
- (b) Differentiate between Fitness and Wellness.(CO1, K4)
12. (a) List the anatomical and physiological factors influencing fitness. (CO2, K4)
- Or
- (b) Outline psychological and sociological factors influencing fitness. (CO2, K4)
13. (a) Outline methods to develop muscular strength and endurance. (CO3, K4)
- Or
- (b) Illustrate methods to improve flexibility and cardiovascular fitness. (CO3, K4)
14. (a) How would you use the concept of balanced diet to improve health? (CO4, K3)
- Or
- (b) How can micronutrients be applied to maintain good health? (CO4, K3)
15. (a) List the components assessed under health-related physical fitness. (CO5, K4)
- Or
- (b) Outline the steps involved in measurement of body composition. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Evaluate the importance of contemporary concept of Fitness and Wellness. (CO1, K5)

Or

- (b) Discuss the relationship between health, fitness and wellness in daily life. (CO1, K5)

17. (a) Examine the role of environmental fitness in overall fitness. (CO2, K5)

Or

- (b) Justify the influence of psychological fitness on physical performance. (CO2, K5)

18. (a) Analyse methods to develop aerobic and anaerobic fitness. (CO3, K4)

Or

- (b) Evaluate the importance of body composition in overall fitness. (CO3, K5)

19. (a) Explain work, power and energy with suitable units. (CO4, K4)

Or

- (b) Discuss the role of balanced diet and food pyramid in health. (CO4, K5)

20. (a) Evaluate the importance of fitness assessment in fitness management. (CO5, K5)

Or

- (b) Prepare a simple fitness assessment plan for health-related fitness components. (CO5, K6)

**R4717**

**Sub. Code**

**25DSC2E2**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Second Semester**

**Sports Coaching for Persons with Disabilities**

**Elective – YOGA EDUCATION**

**(CBCS – 2025 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. Yoga primarily aims at: (CO1, K1)
  - (a) Physical strength only
  - (b) Harmony of body, mind and soul
  - (c) Body building
  - (d) Competition
2. The word “Yoga” is derived from the Sanskrit word: (CO1, K1)
  - (a) Yuj
  - (b) Tapas
  - (c) Karma
  - (d) Dhyana
3. Which one of the following is one of the Six Kriyas? (CO5, K1)
  - (a) Yoni Mudra
  - (b) Moola Banda
  - (c) Kapalabhati
  - (d) Jalandira Banda
4. Which Pranayama is useful for calming the nervous system? (CO2, K1)
  - (a) Kapalabhati
  - (b) Bhastrika
  - (c) Anulom—Vilom
  - (d) Surya Bhedana

5. Tadasana mainly improves: (CO2, K2)
- (a) Flexibility
  - (b) Balance and posture
  - (c) Digestion
  - (d) Breathing capacity
6. Meditation is mainly related to: (CO3, K1)
- (a) Physical fitness
  - (b) Mental relaxation and concentration
  - (c) Muscle strength
  - (d) Speed
7. Yoga therapy is useful in managing: (CO3, K2)
- (a) Stress and lifestyle disorders
  - (b) Only injuries
  - (c) Only sports performance
  - (d) Only flexibility
8. Which Asana is useful for improving spinal flexibility? (CO2, K1)
- (a) Vajrasana
  - (b) Bhujangasana
  - (c) Shavasana
  - (d) Padmasana
9. Pratyahara is related to: (CO1, K1)
- (a) Breath control
  - (b) Withdrawal of senses
  - (c) Concentration
  - (d) Meditation
10. Yoga for persons with disabilities mainly focuses on: (CO4, K2)
- (a) Competition
  - (b) Safe and adapted practice
  - (c) Rigid practice
  - (d) Speed training

**Part B**

(5 × 5 = 25)

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

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

Or

- (b) Apply the principles of Karma Yoga in practical life situations. (CO1, K3)

12. (a) Differentiate between Yama and Niyama. (CO2, K4)

Or

- (b) Explain how Niyamas can be practiced in daily life. (CO2, K3)

13. (a) Illustrate the procedure of Padmasana and Vajrasana. (CO3, K4)

Or

- (b) Describe the procedure of Bhujangasana and Salabhasana. (CO3, K4)

14. (a) Outline the ratio of breathing used in Pranayama. (CO4, K4)

Or

- (b) Describe Ujjayi and Suryabhedana Pranayama. (CO4, K4)

15. (a) Describe Kapalabhati and Neti. (CO5, K4)

Or

- (b) Differentiate between Moola Bandha and Jalandhara Bandha. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Assess the role of Yoga in modern life. (CO1, K5)

Or

- (b) Discuss the principles of Raja Yoga. (CO1, K4)

17. (a) Analyse the Eight Limbs of Yoga. (CO2, K4)

Or

- (b) Justify the impact of Yoga on daily life. (CO2, K5)

18. (a) Illustrate the procedure of Dhanurasana and Halasana. (CO3, K4)

Or

- (b) Describe the procedure of Sarvangasana and Matsyasana. (CO3, K4)

19. (a) Examine the role of Ten Vayus in the human body. (CO4, K5)

Or

- (b) Describe Bhramari, Murchha and Plavini Pranayama. (CO4, K4)

20. (a) Evaluate the importance of Six Kriyas. (CO5, K5)

Or

- (b) Prepare a simple Yogic practice including one Kriya, one Bandha and one Mudra. (CO5, K6)

**R5102**

**Sub. Code**

**240401**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Fourth Semester**

**Sports Coaching for Persons with Disabilities**

**DISABILITY SPORTS AND SPORTS CRITERIA**

**(CBCS – 2024 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 main objective of coaching philosophy?  
(CO1, K1)
  - (a) To teach complex techniques
  - (b) To develop a structured approach to coaching
  - (c) To increase the number of athletes in a team
  - (d) To focus only on fitness
  
2. Which of the following is a basic sports skill that coaches teach?  
(CO1, K1)
  - (a) Cooking
  - (b) Teamwork
  - (c) Writing
  - (d) Singing

3. Which factor is used to assess eligibility for disability sports? (CO2, K2)
- (a) IQ and classification
  - (b) Height and weight
  - (c) Age only
  - (d) Location
4. What is the classification system used for in Paralympics? (CO2, K2)
- (a) To rank athletes based on their performance
  - (b) To group athletes based on their disabilities
  - (c) To determine the best coach
  - (d) To decide the event schedule
5. What does the Motor Activity Training Programme (MATP) focus on? (CO3, K3)
- (a) Physical fitness only
  - (b) Identifying athletes for leadership roles
  - (c) Athletes' motor skills development
  - (d) Academic education
6. What is the primary goal of the Athletes Leadership Program (ALPs)? (CO3, K3)
- (a) To teach basic sports techniques
  - (b) To improve athletic performance in competitions
  - (c) To develop leadership skills among athletes
  - (d) To conduct physical therapy sessions

7. What is the main purpose of Unified Sports? (CO4, K4)
- (a) To compete at the national level only
  - (b) To promote inclusion and participation for athletes with and without disabilities
  - (c) To focus on individual performances
  - (d) To exclude athletes with disabilities
8. Which of the following is a key benefit of participating in Unified Sports? (CO4, K4)
- (a) Increased social isolation
  - (b) Personal development and meaningful inclusion
  - (c) Reducing family involvement
  - (d) Focusing only on professional training
9. Why is a Coaches and Athletes Code of Conduct important in disability sports? (CO5, K4)
- (a) To avoid physical injuries
  - (b) To ensure fair play and ethical behaviour
  - (c) To reduce the cost of competitions
  - (d) To increase the number of athletes
10. What is the primary role of skill tests in team events? (CO5, K4)
- (a) To determine the winner
  - (b) To assess individual abilities and team compatibility
  - (c) To increase competition stress
  - (d) To limit team size

**Part B**

(5 × 5 = 25)

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

11. (a) What does a coaching philosophy help a coach accomplish? (CO1, K1)

Or

- (b) How can coaches utilize sports philosophy to enhance their coaching approach? (CO1, K1)

12. (a) What is the significance of the classification system in disability sports? (CO2, K2)

Or

- (b) How do IQ assessments contribute to determining eligibility for disability sports? (CO2, K2)

13. (a) What are the main goals of the Motor Activity Training Programme (MATP)? (CO3, K3)

Or

- (b) How does the Young Athletes Program contribute to developing leadership in youth athletes? (CO3, K3)

14. (a) What is the importance of community-based participation in Unified Sports? (CO4, K4)

Or

- (b) How do Unified Sports promote meaningful inclusion for athletes with disabilities? (CO4, K4)

15. (a) Why is a Code of Conduct important for athletes and coaches in disability sports? (CO5, K4)

Or

- (b) How do skill tests in team events help in forming better teams for athletes with disabilities? (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the importance of developing a coaching philosophy for working with athletes with disabilities. (CO1, K1)

Or

- (b) Explain how understanding and utilizing sports philosophy can improve a coach's effectiveness in teaching basic sports skills. (CO1, K4)

17. (a) Explain the different classifications used in Paralympic and Special Olympics events and how they affect competition fairness. (CO2, K4)

Or

- (b) Discuss the role of sign language charts in making disability sports more accessible for athletes. (CO2, K2)

18. (a) Discuss the philosophy and goals of the Motor Activity Training Programme (MATP) and its impact on athletes with disabilities. (CO3, K3)

Or

- (b) Explain how initiatives like the Global Messenger program help empower athletes with disabilities through leadership opportunities. (CO3, K4)

19. (a) Explain the benefits of Unified Sports for athletes with disabilities and their partners. (CO4, K4)

Or

- (b) Discuss how Unified Sports can be a platform for educating the public. (CO4, K4)

20. (a) Explain the essentials of competition in disability sports. (CO5, K4)

Or

- (b) Discuss the significance of modified rules in Special Olympics, Paralympics, and Deaflympics for athletes with disabilities. (CO5, K4)
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**R5103**

**Sub. Code**

**240402**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Fourth Semester**

**Sports Coaching for Persons with Disabilities**

**ORGANIZATION AND ADMINISTRATION**

**(CBCS – 2024 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

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

1. What is the main purpose of sports management?  
(CO1, K1)
  - (a) To entertain spectators
  - (b) To plan and organize sports activities
  - (c) To increase profits only
  - (d) To reduce the number of participants
  
2. Which function of sports management involves ensuring that tasks are completed on time?  
(CO1, K2)
  - (a) Organizing                      (b) Communicating
  - (c) Directing                        (d) Evaluating
  
3. What is the purpose of maintaining a stock register in office management?  
(CO2, K1)
  - (a) To track income and expenses
  - (b) To record equipment and supplies
  - (c) To manage athletes' schedules
  - (d) To plan tournaments

4. Which of the following is NOT typically included in a sports office budget? (CO2, K2)
- (a) Income from ticket sales
  - (b) Medical examination records
  - (c) Expenditure for facilities maintenance
  - (d) Salaries of coaches and staff
5. Which of the following is a type of sports facility? (CO3, K2)
- (a) Gymnasium
  - (b) Grocery store
  - (c) Library
  - (d) Office
6. Why is equipment care and maintenance important in sports? (CO3, K1)
- (a) To increase the lifespan of equipment
  - (b) To make the equipment look good
  - (c) To reduce the cost of equipment
  - (d) To improve the aesthetics of sports facilities
7. Which of the following is a type of tournament? (CO4, K2)
- (a) Knock-out tournament
  - (b) Birthday party
  - (c) Wedding reception
  - (d) Trade show

8. Why is it important to plan sports programs and tournaments? (CO4, K1)
- (a) To avoid competition
  - (b) To ensure fair play and effective participation
  - (c) To reduce the number of athletes
  - (d) To focus only on entertainment
9. What is the purpose of organizing an excursion in sports camps? (CO5, K1)
- (a) To practice sports skills
  - (b) To engage in recreational activities
  - (c) To raise funds for sports events
  - (d) To host a sports competition
10. Which of the following events is typically organized during national days? (CO5, K2)
- (a) Family picnic
  - (b) Flag hoisting
  - (c) Business conference
  - (d) Movie screening

**Part B**

(5 × 5 = 25)

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

11. (a) What is the role of a physical education teacher in sports management? (CO1, K1)

Or

- (b) Why is coordination important in sports management? (CO1, K1)

12. (a) What are the different kinds of records maintained in sports office management? (CO2, K2)

Or

- (b) Why is budget preparation important in sports management? (CO2, K2)

13. (a) What factors affect the creation and maintenance of a sports facility? (CO3, K3)

Or

- (b) How does effective time table management contribute to the success of a sports program? (CO3, K3)

14. (a) What are the different types of tournaments in sports? (CO4, K4)

Or

- (b) Why is the organization of athletic meets important for sports development? (CO4, K4)

15. (a) How can organizing sports camps benefit athletes with disabilities? (CO5, K4)

Or

- (b) What are the key elements involved in planning an excursion or picnic as part of a sports event? (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the basic principles of management and administration in sports. (CO1, K4)

Or

- (b) Discuss the key functions of sports management and explain how they are applied in organizing a sports event for athletes with disabilities. (CO1, K2)

17. (a) Explain the process of preparing a budget for a sports organization. (CO2, K4)

Or

- (b) Discuss the importance of maintaining records in the management of a sports program. (CO2, K2)

18. (a) Describe the different types of sports facilities. (CO3, K3)

Or

- (b) Discuss the role of equipment management in sports. How can proper care and maintenance of equipment ensure safety and performance in disability sports? (CO3, K3)

19. (a) Discuss the importance of program planning in organizing disability sports events. (CO4, K4)

Or

- (b) Explain the process of organizing a tournament for persons with disabilities. (CO4, K4)

20. (a) Discuss the process of organizing and conducting sports camps for athletes with disabilities. (CO5, K4)

Or

- (b) Explain the significance of organizing national day programs in promoting unity and awareness in disability sports. (CO5, K4)
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**R5104**

**Sub. Code**

**240403**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Fourth Semester**

**Sports Coaching for Persons with Disabilities**

**TEST AND MEASUREMENT**

**(CBCS – 2024 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 main purpose of assessment for persons with disabilities? (CO1, K1)
  - (a) To test physical strength
  - (b) To make decisions about classification and placement
  - (c) To entertain participants
  - (d) To reduce competition
  
2. Which of the following is part of the assessment process for persons with disabilities? (CO1, K1)
  - (a) Grading only
  - (b) Diagnosis, remediation and prediction
  - (c) Ignoring personal needs
  - (d) Disregarding the athlete's condition

3. What is a key difference between formal and informal assessments? (CO2, K2)
- (a) Formal assessments are more subjective
  - (b) Informal assessments are usually more structured
  - (c) Formal assessments are standardized, while informal assessments are not
  - (d) Informal assessments are always more expensive
4. What does norm-referenced assessment focus on? (CO2, K2)
- (a) Comparing a person's performance to a group's average
  - (b) Comparing a person's performance to themselves
  - (c) Observing behavioural responses
  - (d) Understanding psychological traits
5. Which type of scale is used to classify items in an ordered manner but without exact differences between them? (CO3, K2)
- (a) Nominal scale
  - (b) Ordinal scale
  - (c) Ratio scale
  - (d) Interval scale
6. What does reliability in testing ensure? (CO3, K3)
- (a) The test is easy to complete
  - (b) The test consistently measures what it intends to measure
  - (c) The test is subjective
  - (d) The test is very long

7. What is the main focus of systematic observation in assessment? (CO4, K1)
- (a) To randomly observe behaviour
  - (b) To use structured methods for observing specific behaviours
  - (c) To collect medical history
  - (d) To compare athletes' appearances
8. What is the purpose of response and error analysis in assessment? (CO4, K1)
- (a) To understand an athlete's performance and identify areas for improvement
  - (b) To track the time spent in training
  - (c) To organize a tournament
  - (d) To compare scores between athletes
9. What is the purpose of performance-based assessment in schools? (CO5, K1)
- (a) To assess knowledge only
  - (b) To evaluate practical application of skills
  - (c) To grade based on attendance
  - (d) To assess behaviour only
10. Why is it important to measure body composition in athletes? (CO5, K1)
- (a) To track changes in performance
  - (b) To know how much weight an athlete can lift
  - (c) To ensure an athlete has a healthy body fat percentage
  - (d) To determine an athlete's age

**Part B**

(5 × 5 = 25)

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

11. (a) Why is screening important in the assessment of persons with disabilities? (CO1, K1)

Or

- (b) How does planning and evaluation help in the assessment process for individuals with disabilities? (CO1, K1)

12. (a) What are the advantages of individual assessments in disability sports? (CO2, K2)

Or

- (b) How does norm-referenced assessment differ from other types of assessments? (CO2, K2)

13. (a) What is the difference between reliability and validity in test construction? (CO3, K3)

Or

- (b) Why is it important to assess test validity and reliability when evaluating athletes with disabilities? (CO3, K3)

14. (a) How does event sampling differ from duration sampling in assessing sports performance? (CO4, K4)

Or

- (b) What is the role of projective tests in assessing athletes with disabilities? (CO4, K4)

15. (a) How does measuring anthropometry contribute to the assessment of athletes with disabilities?  
(CO5, K4)

Or

- (b) Why is it essential to have accurate item construction in performance-based assessments?  
(CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the key purposes of assessment for persons with disabilities.  
(CO1, K2)

Or

- (b) Explain how guidance, counselling and grading are integrated into the assessment process for athletes with disabilities.  
(CO1, K4)

17. (a) Explain the concept of formal and informal assessments.  
(CO2, K4)

Or

- (b) Discuss the importance of norm-referenced assessments in evaluating the performance of athletes with disabilities.  
(CO2, K2)

18. (a) Discuss the different types of scales used in testing.  
(CO3, K3)

Or

- (b) Explain the importance of test construction in sports assessment.  
(CO3, K4)

19. (a) Explain the different methods of assessment. (CO4, K4)

Or

- (b) Discuss the importance of observation and item analysis in the construction of effective assessment tools for athletes with disabilities. (CO4, K4)
20. (a) Discuss the different types of assessment methods used for athletes with disabilities. (CO5, K4)

Or

- (b) Explain the role of knowledge assessment and the steps in item analysis. (CO5, K4)
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**R5105**

**Sub. Code**

**2404E1**

**DIPLOMA EXAMINATION, APRIL – 2026**

**Fourth Semester**

**Sports Coaching for Persons with Disabilities**

**Elective – SPORTS INJURIES AND REHABILITATION**

**(CBCS – 2024 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 sports injury is defined as: (CO1, K1)
  - (a) Any disease of the body
  - (b) Damage caused during sports or physical activity
  - (c) Mental stress
  - (d) Long-term illness
  
2. The most common cause of sports injuries is: (CO1, K2)
  - (a) Proper training
  - (b) Overuse and improper technique
  - (c) Adequate warm-up
  - (d) Balanced diet

3. A sprain refers to injury of: (CO2, K1)  
(a) Muscle (b) Bone  
(c) Ligament (d) Tendon
4. A strain refers to injury of: (CO2, K1)  
(a) Muscle or tendon (b) Ligament  
(c) Bone (d) Joint capsule
5. First aid management for acute injury follows the principle of: (CO2, K2)  
(a) CPR (b) RICE  
(c) FITT (d) SAID
6. Ice application in acute injury helps to: (CO3, K1)  
(a) Increase blood flow  
(b) Reduce pain and swelling  
(c) Increase flexibility  
(d) Increase muscle tone
7. Physiotherapy in rehabilitation mainly aims to: (CO3, K2)  
(a) Replace surgery  
(b) Restore movement and function  
(c) Stop training permanently  
(d) Increase muscle size only
8. Range of Motion (ROM) exercises are used to: (CO4, K1)  
(a) Improve flexibility of joints  
(b) Increase body weight  
(c) Reduce endurance  
(d) Increase speed only

9. Rehabilitation programme should progress from: (CO4, K2)
- (a) Complex to simple
  - (b) Rest to activity gradually
  - (c) High intensity to low intensity
  - (d) Competition to practice
10. Injury prevention mainly includes: (CO5, K2)
- (a) Avoiding sports
  - (b) Proper warm-up, conditioning and safety measures
  - (c) Medication only
  - (d) Rest only

**Part B** (5 × 5 = 25)

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

11. (a) Explain essentials of prospective athlete before contemplated exercise programme. (CO1, K4)
- Or
- (b) Describe additional screening procedures and injury prediction. (CO1, K4)
12. (a) Differentiate between muscle strain and ligament sprain. (CO2, K4)
- Or
- (b) Explain management of Tennis Elbow and Golfer's Elbow. (CO2, K4)
13. (a) Define First-Aid and explain DRABC of First Aid. (CO3, K4)
- Or
- (b) Discuss principles of stretching. (CO3, K4)
14. (a) Explain meaning and objectives of Rehabilitation. (CO4, K4)
- Or
- (b) Describe types of Soft tissue Massage. (CO4, K4)

15. (a) Classify modalities used in sports rehabilitation. (CO5, K1)

Or

- (b) Explain uses of TENS and Ultrasound Therapy. (CO5, K4)

**Part C**

(5 × 8 = 40)

Answer all questions not more than 1000 words each.

16. (a) Examine assessment and determination of clearance for prospective athlete. (CO1, K5)

Or

- (b) Evaluate the role of motivation and implementation in exercise programme. (CO1, K5)

17. (a) Analyse management of Runner's Knee and Shin Pain. (CO2, K4)

Or

- (b) Evaluate management of Fracture and Dislocation. (CO2, K5)

18. (a) Analyse PRICE technique in injury management. (CO3, K1)

Or

- (b) Evaluate principles of injury prevention: Warm up, Cool down and Stretching. (CO3, K5)

19. (a) Examine Muscle Energy Techniques and Manual Therapy in rehabilitation. (CO1, K5)

Or

- (b) Analyse Trigger point release and its application. (CO4, K4)

20. (a) Evaluate Hydrotherapy and Cryotherapy in rehabilitation. (CO5, K5)

Or

- (b) Prepare a basic rehabilitation plan using Heat and Cold modalities. (CO5, K6)