

R4698

Sub. Code

25MPE2C1

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

Second Semester

Physical Education

**RESEARCH PROCESS IN PHYSICAL EDUCATION
AND SPORTS SCIENCES**

(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. Aim of research in physical education _____ (CO1, K1)
 - (a) To entertain students
 - (b) To develop new theories
 - (c) To gather information and solve problems
 - (d) To organize sports events

2. Which of the following is not a criterion for selecting a research problems? (CO1, K1)
 - (a) Relevance to current issues
 - (b) Feasibility and availability of resources
 - (c) Personal interest of the researcher
 - (d) Popularity of the topic

3. Aim of survey study is _____ (CO2, K1)
- (a) To collect numerical data
 - (b) To analyze past events
 - (c) To observe a specific case in depth
 - (d) To gather data from a large samp
4. _____ is an example of secondary data in historical research. (CO2, K2)
- (a) Diaries from the era under study
 - (b) Articles about the era written after the event
 - (c) Interviews with eyewitnesses
 - (d) Photographs from the time period
5. Which is the dependent variable in experimental research? (CO3, K2)
- (a) Amount of exercise
 - (b) Time of exercise
 - (c) The improvement in fitness after exercise
 - (d) Gender of participants
6. What is the purpose of experimental research? (CO3, K2)
- (a) Observe behavior without interference
 - (b) Test how variables affect an outcome
 - (c) Study past events
 - (d) Gather descriptive data

7. Which of the following is a probability sampling method?
(CO4, K2)
- (a) Convenience sampling
 - (b) Cluster sampling
 - (c) Judgment sampling
 - (d) Quota sampling
8. _____ method divides the population into groups and randomly selects from each.
(CO4, K1)
- (a) Stratified sampling
 - (b) Cluster sampling
 - (c) Convenience sampling
 - (d) Judgment sampling
9. Research proposal is _____ (CO5, K1)
- (a) To present completed research
 - (b) To outline methods and plans
 - (c) To summarize past research
 - (d) To publish findings
10. _____ is the part of the back materials in a thesis.
(CO5, K1)
- (a) Literature review
 - (b) Conclusion
 - (c) Appendices and references
 - (d) Introduction

Part B

(5 × 5 = 25)

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

11. (a) What are the key characteristics of a good research problem? (CO1, K2)

Or

- (b) Mention the qualities of a good researcher in physical education and explain. (CO1, K2)

12. (a) What are the steps involved in historical research? (CO2, K4)

Or

- (b) Differentiate between primary and secondary data in historical research. (CO2, K4)

13. (a) Explain the single group design in experimental research. (CO3, K4)

Or

- (b) Discuss the role of experimental research in physical education. (CO3, K4)

14. (a) Differentiate between a sample and a population. (CO4, K5)

Or

- (b) Explain cluster sampling. (CO4, K5)

15. (a) Describe the steps involved in writing a research proposal for a thesis. (CO5, K6)

Or

- (b) Explain the mechanics of writing a research report. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the criteria for selection of a problem. (CO1, K2)

Or

- (b) Describe the location of research problem. (CO1, K2)

17. (a) Describe the importance of case studies in descriptive research. (CO2, K4)

Or

- (b) Comparison between equated group and factorial designs. (CO2, K4)

18. (a) Explain convenience Sample and Judgement Sampling. (CO3, K4)

Or

- (b) Explain area sampling and multistage sampling. (CO3, K5)

19. (a) Elaborate on the mechanics of writing a research report. (CO4, K5)

Or

- (b) Relationship between independent and dependent variables. (CO4, K5)

20. (a) Describe the types of hypothesis. . (CO5, K6)

Or

- (b) Describe the characterization of thesis. (CO5, K6)
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R4699

Sub. Code

25MPE2C2

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

Second Semester

Physical Education

SPORTS BIOMECHANICS AND KINESIOLOGY

(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. The father of Biomechanics _____ (CO1, K2)
 - (a) Giovanni Alfonso Borelli
 - (b) Archimedes
 - (c) Aristotle
 - (d) Isaac Newton
2. The plane divides the body vertically into left and right sides _____ (CO1, K2)
 - (a) Sagittal plane
 - (b) Frontal planes
 - (c) Transverse plane
 - (d) Planes
3. Main action of Rectus femoris is _____ (CO2, K1)
 - (a) Knee flexion
 - (b) Knee extension and hip flexion
 - (c) Ankle dorsiflexion
 - (d) Shoulder abduction

4. Gastrocnemius belongs to region _____ (CO2, K1)
- (a) Anterior thigh
 - (b) Shoulder
 - (c) Calf (back of lower leg)
 - (d) Forearm
5. Linear motion is _____ (CO3, K2)
- (a) Motion in a circle
 - (b) Motion in a straight line
 - (c) Motion up and down only
 - (d) No motion
6. Spin on a ball mainly affects its _____ (CO3, K2)
- (a) Mass
 - (b) Friction
 - (c) Flight path and curve
 - (d) Shape of ground
7. The path of a projectile in ideal conditions is _____ (CO4, K1)
- (a) Straight line
 - (b) Circular
 - (c) Parabolic
 - (d) Zig-zag
8. Biceps acting at the elbow joint is mainly a _____ (CO4, K1)
- (a) First Class Lever
 - (b) Second Class Lever
 - (c) Third Class Lever
 - (d) Fourth-class lever
9. In 100 m running, the main force that pushes the body forward is _____ (CO5, K2)
- (a) Air resistance
 - (b) Ground reaction force
 - (c) Gravity only
 - (d) Friction in joints

10. In hockey dribbling, good control needs _____ (CO5, K2)
- (a) Very long back swing
 - (b) Low body position and soft hands on stick
 - (c) Stick held with one hand only
 - (d) Eyes always on the ground

Part B

(5 × 5 = 25)

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

11. (a) Describe the meaning, role and scope of Sports Biomechanics. (CO1, K2)

Or

- (b) Differentiate between sagittal plane and frontal plane movements. (CO1, K2)

12. (a) Write the origin, insertion and actions of Deltoid muscle. (CO2, K3)

Or

- (b) Draw a neat diagram of the Trapezius muscle. (CO2, K3)

13. (a) Describe angular motion and give an example from throwing events. (CO3, K4)

Or

- (b) Explain Newton's Second Law using a suitable sports example. (CO3, K4)

14. (a) Classify the three types of levers with examples from the human body. (CO4, K5)

Or

- (b) Explain dynamic equilibrium in constant speed motion. (CO4, K5)

15. (a) Explain angular momentum in discus throw. (CO5, K6)

Or

- (b) Differentiate between kinesiological and biomechanical analysis. (CO5, K6)

Part C (5 × 8 = 40)

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

16. (a) Explain the need and importance of Biomechanics in the field of Physical Education and sports. (CO1, K2)

Or

- (b) Define dynamics and differentiate it from Kinematics and Kinetics in sports. (CO1, K2)

17. (a) Draw a neat of origin, insertion and actions of an Quadriceps muscles. (CO2, K3)

Or

- (b) Explain the origin, insertion and actions of the Hamstring group of muscles with a neat diagram. (CO2, K3)

18. (a) Describe Newton's Third Law and its role in jumping and kicking. (CO3, K4)

Or

- (b) Discuss the applications of centripetal and centrifugal forces in field events. (CO3, K4)

19. (a) What is equilibrium? Explain with suitable examples from wrestling and running. (CO4, K5)

Or

- (b) Explain mechanical advantage in levers and give examples from human body joints. (CO4, K5)

20. (a) Discuss the importance of movement analysis in the field of Kinesiology. (CO5, K6)

Or

- (b) Describe the mechanical analysis of basketball layup. (CO5, K6)

R4700

Sub. Code

25MPE2C3

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

Second Semester

Physical Education

ATHLETIC CARE AND REHABILITATION

(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. Physical education helps in improving _____ (CO1, K2)
 - (a) Physical and Social Health
 - (b) Physical and mental health
 - (c) Physical and wellness
 - (d) Physical and complete Health
2. Proper body mechanics helps in preventing _____ (CO1, K2)
 - (a) Stretching the body
 - (b) Dislocation
 - (c) Muscle Building
 - (d) Injuries
3. Good posture improves _____ (CO2, K2)
 - (a) Balance and breathing
 - (b) Hair growth
 - (c) Body Health
 - (d) Body weight

4. Which part of the spine is mainly affected in lordosis? (CO2, K1)
- (a) Cervical (b) Thoracic
(c) Lumbar (d) Sacral
5. The main aim of rehabilitation exercise is to _____ (CO3, K2)
- (a) Maintain Body Structure
(b) Improve recovery
(c) Reduce Muscle Sourness
(d) Increase fatigue
6. PNF stretching stands for _____ (CO3, K1)
- (a) Physical Neural Function
(b) Postural Neurological Flexibility
(c) Proprioceptive Neuromuscular Facilitation
(d) Progressive Neuromuscular Fitness
7. Massage primarily involves manipulation of _____ (CO4, K2)
- (a) Bones (b) Soft tissues
(c) Big Muscle (d) Hair
8. Psychological effects of massage are important for _____ (CO4, K2)
- (a) Overall mental health
(b) Increasing Muscle Strength
(c) Reducing Health Injuries
(d) Improving vision
9. Gauze bandages are mainly used to _____ (CO5, K2)
- (a) Hold dressings and control bleeding
(b) Strengthen Muscles
(c) Improve Stability
(d) Increase muscle size

10. Whirlpool bath is a type of _____ (CO5, K2)
- (a) Wax Therapy
 - (b) Massage Treatment
 - (c) Cryotherapy
 - (d) Hydrotherapy treatment

Part B

(5 × 5 = 25)

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

11. (a) Define physical education and explain its scope. (CO1, K2)

Or

- (b) Differentiate between static and dynamic posture. (CO1, K2)

12. (a) Write down the importance and benefits of good posture. (CO2, K4)

Or

- (b) What is round shoulder? List down its main causes. (CO2, K4)

13. (a) List out the active rehabilitation exercise and explain it. (CO3, K3)

Or

- (b) Explain the principles of PNF stretching. (CO3, K3)

14. (a) Describe the history of massage. (CO4, K5)

Or

- (b) Discuss the physiological benefits of massage. (CO4, K6)

15. (a) Mention the classification of sports injuries. (CO5, K6)

Or

- (b) Write short notes on ultrasound therapy. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Define body mechanics. Explain the principles of correct body mechanics of posture. (CO1, K2)

Or

- (b) What are the drawbacks and causes of bad posture? (CO1, K2)

17. (a) Explain the normal curves of the spine and their functional importance. (CO2, K4)

Or

- (b) List out the therapeutic exercise and explain with example. (CO2, K4)

18. (a) Describe the purpose, methods, and outcomes of passive rehabilitation. (CO3, K3)

Or

- (b) Explain the different phases of rehabilitation and their objectives. (CO3, K3)

19. (a) How does massage help in psychological relaxation and enhancing mental well-being? (CO4, K5)

Or

- (b) Describe the techniques of massage manipulations and their effects on the body. (CO4, K5)

20. (a) What are the care and treatment of exposed injuries? Explain. (CO5, K6)

Or

- (b) List down the, different techniques of bandaging and explain the procedure and purposes. (CO5, K6)

R4701

Sub. Code

25MPE2E1

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

Second Semester

Physical Education

**Elective — SPORTS MANAGEMENT AND
CURRICULUM DESIGNS IN PHYSICAL EDUCATION**

(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. The management word derived from which language _____.
(CO1, K1)
(a) Italy (b) French
(c) Greek (d) Latin
2. The Sports management can be defined as _____.
(CO1,K2)
(a) Systematic planning
(b) Organization and administration
(c) Management process
(d) Personal Management

3. Competitive sports programs in schools primarily focus on _____ . (CO2, K2)
- (a) Recreational play only
 - (b) Nutrition Planning
 - (c) Academic grading
 - (d) High-level competition and skill development
4. An aspect of a good physical education program is _____ . (CO2, K2)
- (a) Ignoring student feedback
 - (b) Inclusivity for all fitness levels
 - (c) Limiting to one sport
 - (d) No safety measures
5. Which is NOT a kind of equipment in PE? (CO3, K2)
- (a) Major
 - (b) Minor
 - (c) Consumable
 - (d) Digital software
6. The purpose of a stock register is _____. (CO3, K1)
- (a) Decorating the room
 - (b) Tracking inventory, usage, and condition of equipment
 - (c) Scheduling classes
 - (d) Grading students
7. Which is the common type of curriculum design _____ . (CO4, K2)
- (a) Chaos centered
 - (b) Learner centered
 - (c) Equipment focused
 - (d) Weather-dependent

8. Curriculum framework is defined as _____. (CO4, K2)
- (a) Daily class timetable
 - (b) Structured guide, objectives, content, and assessment
 - (c) Budget allocation
 - (d) Facility list
9. Which one is the key factor affecting curriculum _____? (CO5, K2)
- (a) School colors
 - (b) Learner needs, societal changes, resources
 - (c) Teacher vacations
 - (d) Game score
10. The role of equipment manager in guideline _____. (CO5, K2)
- (a) Teaching classes
 - (b) Marketing school events
 - (c) Overseeing storage, issuing, and maintenance
 - (d) Coaching tea

Part B

(5 × 5 = 25)

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

11. (a) Define Sports Management and explain its concept. (CO1, K3)

Or

- (b) Explain the importance of Sports Management in modern sports. (CO1, K3)

12. (a) Outline the Steps Involved in Program Development. (CO2, K3)

Or

(b) Write a short on Competitive Sports Programme. (CO2, K2)

13. (a) What is the guidelines for selection of sports equipment. (CO3, K3)

Or

(b) Describe the importance of maintaining the Stock Register. (CO3, K2)

14. (a) Write about the principles of curriculum development. (CO4, K4)

Or

(b) Identify the importance of Curriculum Framework in Physical Education. (CO4, K2)

15. (a) What is the process of curriculum evaluation? (CO5, K4)

Or

(b) State the curriculum research and explain primary objectives. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Write the meaning, nature, importance and scope of sports management. (CO1, K3)

Or

- (b) Discuss the step-by-step procedure for conducting state-level athletics meet. (CO1, K3)

17. (a) Elaborate the role of Program Development in schools and colleges. (CO2, K4)

Or

- (b) Construct the annual Physical Education plan for a higher secondary school. (CO2, K6)

18. (a) Develop the stock register format for managing sports equipment in sports institutions and universities. (CO3, K6)

Or

- (b) Analyze the importance of care and maintenance of sports equipment. (CO3, K4)

19. (a) Describe the common elements of Curriculum Framework for sports education. (CO4, K3)

Or

- (b) Classify the different types of curriculum in Physical Education. (CO4, K4)

20. (a) Explain the importance of using multiple sources and curriculum materials in Physical Education. (CO5, K3)

Or

- (b) Briefly explain the factors affecting curriculum development in schools and colleges. (CO5, K4)
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R4702

Sub. Code

25MPE2S1

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

Second Semester

Physical Education

GYM OPERATION AND FITNESS MANAGEMENT

(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. A balanced diet contains (CO1, K1)
 - (a) Only carbohydrates
 - (b) Only proteins
 - (c) All nutrients in right proportion
 - (d) Only fats

2. Which exercise mainly improves muscular strength? (CO1, K1)
 - (a) Jogging
 - (b) Weight lifting
 - (c) Cycling
 - (d) Walking

3. Which of the following is a component of skill-related fitness? (CO2, K1)
- (a) Agility
 - (b) Flexibility
 - (c) Endurance
 - (d) Body composition
4. Swimming is an example of _____ (CO2, K1)
- (a) Anaerobic exercise
 - (b) Aerobic exercise
 - (c) Recreational activity
 - (d) Balance exercise
5. The main focus of modern gym management is _____ (CO3, K1)
- (a) Profit maximization
 - (b) Safety and member satisfaction
 - (c) Entertainment only
 - (d) Competition
6. Aqua fitness exercises mainly benefit for _____ (CO3, K2)
- (a) Joints and muscles with low impact
 - (b) Mental strength
 - (c) Physical strength
 - (d) Improve fitness

7. Spotting is required during _____ (CO4, K2)
- (a) Light jogging
 - (b) Weightlifting exercises
 - (c) Stretching exercises
 - (d) Running
8. The primary role of a fitness instructor is to _____ (CO4, K2)
- (a) Compete with clients
 - (b) Guide and supervise exercises
 - (c) Sell equipment
 - (d) Ignore members
9. Smart gym equipment helps to monitor _____ (CO5, K2)
- (a) Heart rate and performance
 - (b) Healthy life style
 - (c) Fitness
 - (d) Improve smartness
10. Inclusive fitness programmers are designed for _____ (CO5, K2)
- (a) Elite athletes only
 - (b) All individuals regardless of age or ability
 - (c) Professional sports teams
 - (d) Bodybuilders only

Part B

(5 × 5 = 25)

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

11. (a) Explain the benefits of strength training exercises. (CO1, K3)
- Or
- (b) Narrate the need and importance for forms of aerobics. (CO1, K3)
12. (a) Explain the need and importance of flexibility in physical fitness. (CO2, K5)
- Or
- (b) Narrate the effects of regular exercise on the respiratory system. (CO2, K5)
13. (a) Explain the key requirements for setting up a safe gym facility. (CO3, K5)
- Or
- (b) Mention the main functions of gym management and operations. (CO3, K5)
14. (a) List down the key responsibilities of a fitness instructor. (CO4, K4)
- Or
- (b) Explain safety precautions and rules in a gym environment. (CO4, K4)
15. (a) Mention examples of technology used in modern fitness management. (CO5, K6)
- Or
- (b) Outline practices for creating inclusive fitness programs. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Discuss in detail the role of physical activity in maintaining mental and social wellness. (CO1, K3)

Or

- (b) Elaborate on the different types of physical activities and explain any two benefits of physical activity in daily life. (CO1, K3)

17. (a) Describe the physiological adaptations in the circulatory and muscular systems caused by regular exercise. (CO2, K5)

Or

- (b) Develop a sample aerobic exercise programme for high school students with justification. (CO2, K5)

18. (a) Explain the importance of instructor supervision for safe and effective gym workouts. (CO3, K5)

Or

- (b) Describe the evolution of fitness culture and its impact on lifestyle and wellness. (CO3, K5)

19. (a) Explain the essential qualities and qualifications of a gym instructor and discuss their role in supervising gym activities. (CO4, K4)

Or

- (b) Discuss safety measures, injury prevention in managing gym-related risks. (CO4, K4)

20. (a) Explain the meaning of functional fitness training and how it benefits physical performance and daily life. (CO5, K6)

Or

- (b) Explain suitable practices in gym and fitness management for pregnant women. (CO5, K6)
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R5078

Sub. Code

811401

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

Fourth Semester

Physical Education

**INFORMATION AND COMMUNICATION TECHNOLOGY
(ICT) 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. What does the acronym "ICT" stand for? (CO1, K1)
 - (a) International Computer Technology
 - (b) Integrated Communication Tools
 - (c) Information and Communication Technology
 - (d) Intelligent Computing Techniques

2. How can ICT enhance physical education? (CO1, K1)
 - (a) By replacing physical activities with virtual simulations
 - (b) By providing real-time feedback and performance tracking
 - (c) By discouraging student participation in physical activities
 - (d) By limiting access to sports and fitness resources

3. What does the term "BIOS" stand for in computing?
(CO2, K1)
- (a) Basic Input Output System
 - (b) Binary Input Output Set
 - (c) Basic Interface Operating System
 - (d) Balanced Input Output System
4. What does the acronym "GUI" stand for in the context of computer interfaces?
(CO2, K1)
- (a) Graphic User Interface
 - (b) General User Integration
 - (c) Global Unification Interface
 - (d) Grouped User Instruction
5. In Microsoft Word, which key is used to insert a new paragraph?
(CO3, K2)
- (a) Enter
 - (b) Tab
 - (c) Shift
 - (d) Ctrl
6. In Microsoft Excel, what function is used to sum a range of cells?
(CO3, K1)
- (a) AVG()
 - (b) MAX()
 - (c) SUM()
 - (d) COUNT ()

7. How can ICT enhance the learning process in education? (CO4, K1)
- (a) By replacing traditional teaching methods entirely
 - (b) By providing additional resources and interactive learning experiences
 - (c) By eliminating the need for student collaboration
 - (d) By restricting access to information
8. What is the benefit of using multimedia presentations in teaching with ICT? (CO4, K1)
- (a) It simplifies complex concepts for students
 - (b) It discourages student engagement
 - (c) It limits accessibility for diverse learners
 - (d) It reduces the need for teacher involvement
9. Which of the following is an emerging trend in E-learning? (CO5, K2)
- (a) Traditional Classroom learning
 - (b) Postal communication
 - (c) Mobile learning
 - (d) Radio broadcasting
10. In the context of online teaching, what does the term "LMS" stand for? (CO5, K1)
- (a) Learning Management System
 - (b) Live Multimedia Session
 - (c) Lecture Material Showcase
 - (d) Learning Methodology Symposium

Part B

(5 × 5 = 25)

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

11. (a) What are the concepts of ICT? (CO1, K4)

Or

- (b) What is the teaching-learning process in ICT? (CO1, K4)

12. (a) Express the input and output devices. (CO2, K4)

Or

- (b) Write about search engine and list out some Search engines. (CO2, K4)

13. (a) How the MS Excel used for data entry in tournaments? (CO3, K4)

Or

- (b) Why MS Office is essential for Physical Education? (CO3, K4)

14. (a) Explain about pedagogical dimension for plagiarism checking. (CO4, K5)

Or

- (b) What is project-based learning in ICT? (CO4, K5)

15. (a) Construct the importance of E-learning. (CO5, K6)

Or

- (b) What is visual training? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Give a brief explain about the process and types of communication barriers. (CO1, K4)

Or

- (b) Discuss about research and administration in ICT. (CO1, K4)

17. (a) Describe the various concepts and types of computer memory. (CO2, K4)

Or

- (b) How do solve ethical and legal issues in ICT? (CO2, K4)

18. (a) What is MS Office and list out them features? (CO3, K4)

Or

- (b) Define Power point with multimedia effects. (CO3, K4)

19. (a) How cooperative learning and collaborative learning helps to ICT. (CO4, K5)

Or

- (b) What is the relationship between ICT and constructivism in the pedagogical context? (CO4, K5)

20. (a) Describe about E-learning and web-based learning.
(CO5, K6)

Or

- (b) Distinguish between publication and assignment preparation.
(CO5, K6)
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R5079

Sub. Code

811402

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

Fourth Semester

Physical Education

SPORTS PSYCHOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Who said, “Sound mind in a sound body”? (CO1, K1)
(a) Socrates (b) Rousseau
(c) Aristotle (d) Plato
2. The Most apt method of evaluating a person’s personality is through _____. (CO1, K1)
(a) Autobiography (b) Self rating
(c) Questionnaire (d) Attitude scale
3. The condition of stress _____. (CO2, K1)
(a) Advantageous to the performer
(b) Detrimental to the performer
(c) Helpful in the development of strength
(d) All the above
4. Which of the following is an intrinsic motivator?(CO2, K2)
(a) Pay (b) Promotion
(c) Feedback (d) Interest of play

5. The Pass-along Test is used to measured _____. (CO3, K2)
- (a) The limits of human visual perception
 - (b) Intelligence
 - (c) Reaction time
 - (d) The accuracy of hand and finger
6. In developing a goal setting program, it is an important for individual to set _____. (CO3, K1)
- (a) Performance goal only
 - (b) Performance and process
 - (c) Process, performance and outcome goals
 - (d) Outcome goals
7. Sociology deals with _____. (CO4, K1)
- (a) Function of the society
 - (b) Activities of the society
 - (c) Movement of the society
 - (d) Behavior of man in relation to society
8. Leadership is a process of _____ pupils towards common goals. (CO4, K1)
- (a) Guiding
 - (b) Participating
 - (c) Together
 - (d) Motivating
9. _____ deals with the attitudes and behavioral patterns of a group. (CO5, K1)
- (a) Group cohesion
 - (b) Group dynamics
 - (c) Group interaction
 - (d) Group
10. A group is said to be a _____ of two or more persons. (CO5, K1)
- (a) Collection
 - (b) Joint
 - (c) Present
 - (d) Organize

Part B

(5 × 5 = 25)

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

11. (a) Write short note on effect of personality on sports performance. (CO1, K4)

Or

- (b) What you mean by motor perception? (CO1, K4)

12. (a) Describe about the achievement motivation. (CO2, K4)

Or

- (b) Define anxiety and explain the various type of anxiety. (CO2, K4)

13. (a) Discuss about the goal setting. (CO3, K4)

Or

- (b) Mention the various types of leadership. (CO3, K4)

14. (a) What is group cohesion? (CO4, K5)

Or

- (b) Women in sports – Discuss. (CO4, K5)

15. (a) List down the various types of psychological relaxation technique and explain any two. (CO5, K6)

Or

- (b) What is autogenic training? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Discuss about need and importance of sports psychology in the field of physical education. (CO1, K4)
- Or
- (b) Explain personality theory of personality and effects of personality on sports performance. (CO1, K4)
17. (a) Explain the nature, causes and methods of measuring anxiety. (CO2, K4)
- Or
- (b) Explain aggression, methods of measurement aggression in sports performance. (CO2, K4)
18. (a) Classification of leadership and types of leadership in sports performance. (CO3, K4)
- Or
- (b) Explain the psychological factors affecting sports performance. (CO3, K4)
19. (a) Detail about national integration through sports. (CO4, K5)
- Or
- (b) What is transfer of learning and its types with its implication in sports? (CO4, K5)
20. (a) Elaborate long and short term psychological preparation for competition. (CO5, K6)
- Or
- (b) List out the benefits and methods of mental training, autogenic training and psycho somatic training. (CO5, K6)

R5080

Sub. Code

811403

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

Fourth Semester

Physical Education

**EDUCATION 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. AI stand for _____ (CO1, K4)
 - (a) Artificial Intelligence
 - (b) Advanced Internet
 - (c) Automated Information
 - (d) Active Interaction
2. Which one of this an example of a web browser? (CO1, K2)
 - (a) Microsoft Excel
 - (b) Google Chrome
 - (c) Windows Media Player
 - (d) Adobe Acrobat Reader
3. The first step in task analysis_____. (CO2, K1)
 - (a) Skipping tasks
 - (b) Asking questions
 - (c) Giving an exam
 - (d) Identifying the learning objective

4. How many types in instructional media? (CO2, K1)
- (a) 2 (b) 6
(c) 5 (d) 3
5. Which of the following is an example of digital self-learning material? (CO3, K2)
- (a) Handwritten notes
(b) PDF study guides
(c) Whiteboard lectures
(d) Traditional classroom blackboard
6. Competency-Based Training focused on _____. (CO3, K1)
- (a) Fixed pace (b) Only exams
(c) Self-paced (d) No tests
7. What technology is often used for audio-based learning in classrooms? (CO4, K1)
- (a) Microphone (b) Flashcards
(c) Chalkboard (d) Projector
8. Explanation of CCTV is _____. (CO4, K1)
- (a) Central Circuit Television
(b) Closed Circuit Television
(c) Clear Camera Television
(d) Compact Cable Television
9. A _____ optical fibre is used for long-distance communication. (CO5, K1)
- (a) Single-Mode (b) Multi-Mode
(c) Coaxial cable (d) Twisted pair cable

10. Which app is used virtual classes with video conferencing? (CO5, K2)
- (a) Zoom (b) TikTok
(c) Instagram (d) Snapchat

Part B (5 × 5 = 25)

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

11. (a) Write the meaning of Educational Technology. (CO1, K2)

Or

- (b) Write short notes on transactional usage of educational technology. (CO1, K2)

12. (a) Define about Task analysis. (CO2, K4)

Or

- (b) Explain about media. (CO2, K4)

13. (a) What is the concept of instructional design. (CO3, K4)

Or

- (b) Write the meaning of competency-based teaching. (CO3, K4)

14. (a) Explain about audio visual media. (CO4, K5)

Or

- (b) Differentiate about the video and radio conferencing. (CO4, K5)

15. (a) What is the purpose of hypertext? (CO5, K6)

Or

- (b) Discuss about the Edmodo. Explain their benefits. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain about the nature and scope of education technology in physical education. (CO1, K2)

Or

- (b) Describe about historical development and programme learning stage. (CO1, K2)

17. (a) Explain about Evaluation Strategies in physical education. (CO2, K4)

Or

- (b) What are the barriers and process of communication? (CO2, K4)

18. (a) What are the process and stages of development of instructional design? (CO3, K4)

Or

- (b) What is the purpose of overview of model of instructional design? (CO3, K4)

19. (a) Explain about the media and evaluation. (CO4, K4)

Or

- (b) What is the procedures and uses of animation? (CO4, K5)

20. (a) Describe about the computer conferencing. (CO5, K6)

Or

- (b) Give us elaborate notes on google class room. (CO5, K6)