

R4693

Sub. Code

25BPE2C1

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

Second Semester

Physical Education

YOGA EDUCATION

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Regular yoga practice helps athletes mainly by improving _____ (CO1, K2)
 - (a) Coordination and recovery
 - (b) Body fat
 - (c) Height
 - (d) Blood loss
2. How many limbs are there in Ashtanga Yoga? (CO1, K1)
 - (a) 5
 - (b) 6
 - (c) 7
 - (d) 8
3. Kapalbhathi mainly benefits for which system? (CO2, K2)
 - (a) Nervous system
 - (b) Digestive system
 - (c) Circulatory system
 - (d) Skeletal system

4. Which asana is called the “King of Asanas”? (CO2, K1)
(a) Padmasana (b) Sarvangasana
(c) Shirshasana (d) Vajrasana
5. Shavasana is mainly practiced for _____ (CO3, K2)
(a) Strength (b) Flexibility
(c) Relaxation (d) Endurance
6. The main aim of Yoga is to achieve _____ (CO3, K2)
(a) Physical fitness
(b) Mental relaxation
(c) Union of body, mind and soul
(d) Flexibility
7. Which research approach is most commonly used to study the effects of Yoga interventions? (CO4, K2)
(a) Historical research
(b) Experimental research
(c) Survey research
(d) Case study
8. Yoga emphasizes mainly on _____ (CO4, K2)
(a) External movement
(b) Inner awareness and control
(c) Heavy resistance
(d) High intensity effort
9. Lifestyle Yoga helps in preventing _____ (CO5, K2)
(a) Communicable diseases only
(b) Lifestyle disorders
(c) Genetic disorders
(d) Infectious diseases

10. Which type of food is preferred in Yogic diet? (CO5, K1)
- (a) Tamasic food (b) Rajasic food
- (c) Sattvic food (d) Processed food

Part B

(5 × 5 = 25)

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

11. (a) What is the main aim of Yoga? (CO1, K3)
- Or
- (b) Write the physical and mental benefits of doing Yoga. (CO1, K3)
12. (a) Discuss the role of Ashtanga Yoga in personality development. (CO2, K4)
- Or
- (b) Write the shot a note on Raja Yoga. (CO2, K3)
13. (a) Classify Asanas and explain any one type in detail. (CO3, K3)
- Or
- (b) What is the physiological effects of Pranayama? (CO3, K3)
14. (a) What is the need of Yoga in education? (CO4, K4)
- Or
- (b) Difference between Yoga and physical exercise based on effects on body systems. (CO4, K3)
15. (a) Why the Yoga is so important for prevention of lifestyle diseases? (CO5, K5)
- Or
- (b) Discuss the importance of Yogic diet in maintaining healthy life style. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Describe the role of Yoga in physical, mental, and spiritual development. (CO1, K4)

Or

- (b) Explain the importance of Yoga in modern society. (CO1, K4)

17. (a) Mention different types of Yoga and explain in detail. (CO2, K4)

Or

- (b) Explain the philosophy of Yoga according to Patanjali. (CO2, K4)

18. (a) Explain the concept of Chakras and Kundalini Shakti. (CO3, K4)

Or

- (b) List out the classification of Asanas and explain with suitable examples. (CO3, K4)

19. (a) Evaluate the importance of Yoga practice over physical exercise in stress management. (CO4, K5)

Or

- (b) Compare Yoga and physical exercise based on aim, method, breathing and benefits. (CO4, K4)

20. (a) Discuss the role of Yoga lifestyle in physical, mental and social health. (CO5, K5)

Or

- (b) Discuss how Yoga lifestyle and Yogic diet contribute to holistic health. (CO5, K6)

R4694

Sub. Code

25BPE2C2

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

Second Semester

Physical Education

**EDUCATIONAL TECHNOLOGY AND METHODS OF
TEACHING IN PHYSICAL EDUCATION**

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Micro teaching is a _____ (CO1, K1)
(a) Teaching Aid (b) Exercise
(c) Training (d) Technique
2. Command Method is _____ (CO1, K1)
(a) Oral order (b) Guidance
(c) Drill (d) Means
3. Whole Part whole method is _____ (CO2, K2)
(a) Teaching method (b) Teaching technique
(c) Teaching aid (d) Situation
4. Formation in physical education is _____ (CO2, K2)
(a) Guidelines (b) Geometrical lines
(c) Training method (d) Squad

5. What is the meaning of preparation in Education? (CO3, K2)
- (a) Readiness (b) Execution
(c) Requirement (d) Technique
6. What is Education? (CO3, K2)
- (a) Systematic way of learning
(b) Systematic way of training
(c) Systematic way of planning
(d) Changes in body
7. In Education the Simulation teaching is _____ (CO4, K2)
- (a) Artificial teaching
(b) Ways of teaching
(c) Aid of teaching
(d) Planning of teaching
8. First stage of Micro teaching is (CO4, K1)
- (a) Interactive phase (b) Post-active phase
(c) Pre-active phase (d) Micro phase
9. Which of the following provides informal education? (CO5, K2)
- (a) Museum (b) Science fair
(c) Excursion (d) All the above
10. The Latin word "Educara" meaning is _____(CO5, K1)
- (a) To bring out (b) To achieve
(c) To care (d) To cultivate

Part B

(5 × 5 = 25)

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

11. (a) Write the importance of methods of teaching. (CO1, K4)

Or

- (b) What is Informal Education? Explain with suitable examples. (CO1, K4)

12. (a) Narrate the Command Method of teaching in Physical Education. (CO2, K4)

Or

- (b) Write short notes on Whole-Part-Whole Method of teaching. (CO2, K4)

13. (a) Define Teaching Aids and explain their importance in Physical Education. (CO3, K4)

Or

- (b) Write short notes on Motion picture. (CO3, K4)

14. (a) What is Lesson Plan? Explain its objectives. (CO4, K5)

Or

- (b) What is Micro Teaching? Explain its relation to teaching aids. (CO4, K5)

15. (a) Explain the objectives of Evaluation in Physical Education. (CO5, K6)

Or

- (b) Write short notes on self-evaluation and peer evaluation. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Write the meaning of Educational Technology and discuss its importance in teaching Physical Education. (CO1, K3)
- Or
- (b) Describe the different types of education and describe their uses and educational importance in Physical Education. (CO1, K4)
17. (a) Describe different types of presentation techniques used in Physical Education and explain their educational value. (CO2, K4)
- Or
- (b) Explain the following in detail. (CO2, K4)
- (i) Lecture Method
- (ii) Imitation method.
18. (a) Discuss the role and importance of Teaching Aids in effective teaching of physical skills. (CO3, K4)
- Or
- (b) Explain the different teaching aids used in Physical Education and describe the educational value of any one teaching aid. (CO3, K4)
19. (a) Elucidate the Model General Lesson Plan used in Physical Education. (CO4, K5)
- Or
- (b) Explain Simulation Teaching and discuss its advantages and educational importance. (CO4, K5)
20. (a) Explain the evaluation systems used in teaching and their purposes. (CO5, K6)
- Or
- (b) Differentiate between traditional and modern evaluation methods in Physical Education. (CO5, K6)

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25BPE2C3

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

Second Semester

Physical Education

HEALTH EDUCATION AND ENVIRONMENT STUDIES

(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 definition of health given by WHO emphasizes _____ (CO1, K1)
 - (a) Physical health only
 - (b) Mental health only
 - (c) Social health only
 - (d) Overall well-being
2. Health education in schools helps students to _____ (CO1, K1)
 - (a) Safety competitions
 - (b) Develop healthy habits
 - (c) Avoid exercise
 - (d) Increase fitness
3. Which factor mainly contributes to non-communicable diseases? (CO2, K1)
 - (a) Bacteria
 - (b) Viruses
 - (c) Unhealthy lifestyle
 - (d) Parasites

4. Malnutrition refers to _____ (CO2, K1)
- (a) Eating excess food
 - (b) Eating less food
 - (c) Imbalance of nutrients
 - (d) Eating junk food only
5. Environmental education mainly aims to _____ (CO3, K2)
- (a) Increase industrial growth
 - (b) Create environmental awareness
 - (c) Promote urbanization
 - (d) Encourage deforestation
6. The 3Rs of waste management are _____ (CO3, K2)
- (a) Reduce, Reuse, Recycle
 - (b) Remove, Rebuild, restore
 - (c) Reuse, Repair, Replace
 - (d) Reduce, Remove, Refill
7. Which practice helps in environmental protection? (CO4, K2)
- (a) Burning waste
 - (b) Plastic usage
 - (c) Recycling
 - (d) Deforestation
8. Which of the following disease is caused by polluted water? (CO4, K2)
- (a) Malaria
 - (b) Cholera
 - (c) Tuberculosis
 - (d) Influenza
9. Mental health is best defined as (CO5, K2)
- (a) Absence of mental illness
 - (b) Ability to think only
 - (c) State of emotional and psychological well-being
 - (d) Intelligence level
10. Which nutrient is the main source of energy? (CO5, K2)
- (a) Proteins
 - (b) Vitamins
 - (c) Carbohydrates
 - (d) Minerals

Part B

(5 × 5 = 25)

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

11. (a) Explain the objectives of School Health Services. (CO1, K3)

Or

- (b) Describe the dimensions of health educations. (CO1, K4)

12. (a) Describe the modes of transmission of communicable diseases. (CO2, K4)

Or

- (b) Discuss the principles of first aid. (CO2, K3)

13. (a) Describe the need for Environmental Studies. (CO3, K4)

Or

- (b) Illustrate the harmful effects of plastic bags on the environment. (CO3, K3)

14. (a) List out the causes and effects of air pollution and explain. (CO4, K4)

Or

- (b) Identify the role of environmental education in environmental management. (CO4, K5)

15. (a) Explain the relationship between lifestyle and mental health. (CO5, K5)

Or

- (b) Describe the components of a balanced diet. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) List down the various School Health Services and explain its role in promoting student health. (CO1, K4)

Or

- (b) Discuss the aim and objectives of Health Education in detail. (CO1, K5)

17. (a) What is communicable disease? Explain their causes, transmission, and prevention. (CO2, K4)

Or

- (b) Explain the importance of first aid in sports and normal life. Mention this knowledges for teachers and students. (CO2, K5)

18. (a) Explain how Environmental Studies helps in conserving natural resources. (CO3, K4)

Or

- (b) Discuss the impact of plastic pollution on environment and health. (CO3, K5)

19. (a) Discuss different types of natural resources and their conservation. (CO4, K4)

Or

- (b) List out the major government policies and programs for environmental protection in India. (CO4, K4)

20. (a) What is mental health? Explain its methods to maintain good health. (CO5, K5)

Or

- (b) Define malnutrition and explain its causes, and prevention through balanced diet. (CO5, K5)

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25BPE2E1

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

Second Semester

Physical Education

**Elective — CONTEMPORARY ISSUES 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 term “wellness” refers to: _____. (CO1, K1)
 - (a) Absence of disease
 - (b) Physical strength
 - (c) Complete well-being in various dimensions
 - (d) Body weight control

2. The modern concept of physical education emphasizes _____. (CO1, K1)
 - (a) Drill and command
 - (b) Holistic development
 - (c) Punishment
 - (d) Only competitions

3. Hypokinetic diseases are mainly caused due to _____. (CO2, K1)
 - (a) Excess exercise
 - (b) Poor hygiene
 - (c) Viral infection
 - (d) Lack of physical activity

4. Which of the following is a lifestyle disease? (CO2, K2)
(a) Malaria (b) Diabetes
(c) Typhoid (d) Cholera
5. The principle of progression means _____. (CO3, K1)
(a) Stopping exercise
(b) Gradually increasing workload
(c) Reducing intensity
(d) Skipping sessions
6. Warm-up exercises are done before activity to _____. (CO3, K2)
(a) Cause fatigue (b) Prevent injuries
(c) Reduce stamina (d) Increase stress
7. RICE stands for _____. (CO4, K1)
(a) Rest, Ice, Compression, Elevation
(b) Run, Ice, Care, Exercise
(c) Recover, Injury, Care, Exercise
(d) Relax, Improve, Control, End
8. The Safety education promotes _____. (CO5, K1)
(a) Injury increase (b) Leisure
(c) Laziness (d) Risk reduction
9. The main function of carbohydrates is to _____. (CO4, K1)
(a) Repair muscles (b) Provide energy
(c) Store vitamins (d) Build bones
10. Healthy weight management requires _____. (CO5, K2)
(a) Crash dieting (b) Balanced diet and exercise
(c) Skipping meals (d) Avoiding water

Part B

(5 × 5 = 25)

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

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

Or

- (b) Differentiate between fitness and wellness. (CO1, K2)

12. (a) Describe the types of Physical Fitness and its components. (CO2, K4)

Or

- (b) What are Hypo-kinetic diseases? Explain (CO2, K2)

13. (a) Write the concepts of free weight. (CO3, K3)

Or

- (b) Explain about the aerobic and anaerobic exercises. (CO3, K4)

14. (a) Define first aid and emergency care. (CO4, K3)

Or

- (b) Write shorts note on safety education. (CO4, K2)

15. (a) Define Sports Nutrition and explain its. (CO5, K3)

Or

- (b) Explain BMI and discuss the causes of obesity. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain the modern concept of Physical Fitness and Wellness and discuss its interdisciplinary relevance. (CO1, K3)

Or

- (b) Discuss the Physical Activity and its health benefits in preventing lifestyle diseases. (CO1, K3)

17. (a) Explain the principles of exercise programme and means of fitness development. (CO2, K4)

Or

- (b) Define Safety Education and explain its importance in Physical Education and Sports. (CO2, K4)

18. (a) Briefly explain the designing exercise programme for different age groups. (CO3, K4)

Or

- (b) Explain heart rate zones for various aerobic exercise intensities in detail. (CO3, K5)

19. (a) Outline the transition from traditional from modern approaches of teaching physical education. (CO4, K5)

Or

- (b) List out the prevention and management of hypo kinetic disease in detail. (CO4, K4)

20. (a) Discuss about the role of nutrients in sports performance. (CO5, K6)

Or

- (b) Outline the causes of obesity and solutions for overcoming obesity. (CO5, K5)
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25BPE2S1

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

Second Semester

Physical Education

SPORTS JOURNALISM

(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. Ethics' is the study of _____ of a person or group. (CO1, K2)
 - (a) Honest and Psychology
 - (b) Values and customs
 - (c) Philosophy and Accountability
 - (d) Values and Responsibility
2. Journalism's first responsibility is _____ (CO1, K2)
 - (a) Truth
 - (b) Discipline of verification
 - (c) Personal conscience
 - (d) Citizens
3. What is the tone of a sports bulletin? (CO2, K2)
 - (a) Formal
 - (b) Informal
 - (c) Neutral
 - (d) Excited

4. _____ is a key element of an hourly bulletin. (CO2, K1)
- (a) In-depth analysis (b) Brief updates
(c) Commentary (d) Advertising
5. What are common methods used in sports reporting? (CO3, K2)
- (a) Live Broadcasting
(b) Written articles
(c) Interviews
(d) All the above
6. News are that part of _____ (CO3, K1)
- (a) Communication (b) Dedication
(c) Justification (d) All the above
7. Kabaddi and Kho-Kho are examples of (CO4, K1)
- (a) Modern Olympic Sports
(b) Commonwealth Games Sports
(c) Traditional Indian Games
(d) Ancient Greek Games
8. Who governs the Commonwealth Games? (CO4, K1)
- (a) International Olympic Committee (IOC)
(b) Commonwealth Games Federation (CGF)
(c) Indian Olympic Association
(d) United Nations
9. What is the benefit of having ex-players as commentators? (CO5, K1)
- (a) They know the sport well
(b) They are good at crowd interaction
(c) They provide technical insights
(d) All of the above

10. When you think of _____ you may imagine the famous TV news anchors, like Gopinath and Priyanka? (CO5, K1)
- (a) Sports journalism
 - (b) Investigative journalism
 - (c) Broadcast journalism
 - (d) Photojournalism

Part B

(5 × 5 = 25)

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

11. (a) List out the Canons of Journalism. (CO1, K2)
- Or
- (b) Write the new ideas about the journalism. (CO1, K3)
12. (a) Write about the hourly bulletin. (CO2, K4)
- Or
- (b) Give a short note on compiling bulletin. (CO2, K4)
13. (a) Explain the sports organization. (CO3, K4)
- Or
- (b) Write Short note on sports reporting. (CO3, K4)
14. (a) What is traditional games? (CO4, K5)
- Or
- (b) Write about the Olympic Games. (CO4, K5)
15. (a) Explain the running commentary on the radio. (CO5, K6)
- Or
- (b) Write about the radio commentary in sports. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Elaborate the ethics of journalism. (CO1, K2)
- Or
- (b) Discusses about the journalism and sports education. (CO1, K3)
17. (a) Describe the structure of sports bulletin in detail. (CO2, K4)
- Or
- (b) Explain the various types of bulletin. (CO2, K4)
18. (a) Outline the sports as an integral part of physical education. (CO3, K4)
- Or
- (b) Differentiate between general news reporting and sports reporting. (CO3, K4)
19. (a) Explain about the procedure's Olympic games in detail. (CO4, K5)
- Or
- (b) Brief reviews of traditional Games in details. (CO4, K5)
20. (a) Compare and construct the sports reviews of TV and radio. (CO5, K6)
- Or
- (b) Evaluate the role of sports expert's comments. (CO5, K6)

R5069

Sub. Code

721401

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

Fourth Semester

Physical Education

**MEASUREMENTS AND EVALUATION IN PHYSICAL
EDUCATION**

(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. Test is a _____ tool used to obtain response from the students in order to gain information. (CO1, K2)
(a) Multiple (b) Specific
(c) Technique (d) Tactics
2. What is the procedure instruments used for measuring sample of behavior (CO1, K2)
(a) Evaluation (b) Measurement
(c) Assessment (d) Test
3. Measurement reliability refers to the _____ (CO2, K1)
(a) Consistency
(b) Accuracy
(c) Comprehensiveness
(d) Assessment

4. Test that refers to the degree to which a test is consistent is _____ (CO2, K1)
(a) validity (b) reliability
(c) objectivity (d) norms
5. Physical fitness is the ability of the body to perform daily activities without _____. (CO3, K1)
(a) Stress (b) Weakness
(c) Pain (d) Fatigue
6. Indiana Motor Fitness test was introduced in _____. (CO3, K4)
(a) 1985 (b) 1943
(c) 1947 (d) 1930
7. The Russel Lange volley ball test consists of _____ test items. (CO4, K2)
(a) Two (b) Three
(c) Four (d) Five
8. The Johnson Basketball Test measures a _____. (CO4, K2)
(a) Passing (b) Control the ball
(c) Shooting (d) Dribbling
9. The instrument used for estimation of body fat is _____. (CO5, K1)
(a) Flexometer (b) Goniometer
(c) Dynamometer (d) Skin fold caliper
10. Hamstring and back flexibility is measured by _____. (CO5, K2)
(a) Sit and reach test
(b) Bass stick test
(c) Curl-Up Test
(d) Standing Broad Jump Test

Part B

(5 × 5 = 25)

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

11. (a) Give the definition and meaning of test and measurement. (CO1, K2)

Or

- (b) Write the meaning of the following : (CO1, K2)
- (i) Test
 - (ii) Measurements

12. (a) Describe the administration of test. (CO2, K4)

Or

- (b) Define validity and explain the types of validity. (CO2, K4)

13. (a) Describe about the Organ Motor Fitness Test protocol. (CO3, K4)

Or

- (b) Explain the administrations procedure of Methany Johnson Motor Educability Test. (CO3, K4)

14. (a) Write the procedures of JCR test. (CO4, K2)

Or

- (b) Write the procedure Henry Fridel Hockey Test with diagram. (CO4, K2)

15. (a) Describe the method of measuring skin folds evaluating the postures. (CO5, K6)

Or

- (b) What are the procedure to be followed in measuring Thigh circumference? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) How the test measurements and evaluation help physical education. (CO1, K2)

Or

- (b) Mention the role of Measurement and Evaluation in Physical Education. (CO1, K2)

17. (a) Explain the criteria for selection of good test. (CO2, K4)

Or

- (b) Explain the classification of test administration. (CO2, K4)

18. (a) Write the procedure of test administration of Indiana motor fitness Test. (CO3, K4)

Or

- (b) Explain the barrow Motor Ability test protocol. (CO3, K4)

19. (a) Describe the testing procedure of French Short Serves and Clear test with diagram. (CO4, K5)

Or

- (b) Explain the procedure of Russel Langue Volleyball Test. (CO4, K5)

20. (a) What is anthropometric? Explain the measuring procedures of the following. (CO5, K6)

Or

- (b) What is flexibility? Mention the various types of flexibility. (CO5, K6)

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Sub. Code

721402

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

Fourth Semester

Physical Education

KINESIOLOGY AND BIO MECHANICS

(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. The sagittal plane divides the body into (CO1, K2)
 - (a) Upper and lower halves
 - (b) Front and back halves
 - (c) Left and right halves
 - (d) Diagonal sections

2. What is the significance of maintaining good posture? (CO1, K1)
 - (a) Enhances muscle strength
 - (b) Improves balance and reduces injury risks
 - (c) Increases body mass
 - (d) Prevents overuse of muscles

3. Reciprocal innervation refers to _____. (CO2, K2)
- (a) The relaxation of an antagonist muscle when the agonist contracts
 - (b) The simultaneous contraction of opposing muscles
 - (c) Muscle fibers contracting partially
 - (d) Muscle relaxation due to fatigue
4. Which of the following is an example of a synovial joint? (CO2, K2)
- (a) Skull sutures
 - (b) Elbow joint
 - (c) Pubic symphysis
 - (d) Intervertebral discs
5. The path followed by a projectile is influenced by _____. (CO3, K4)
- (a) Distance travelled
 - (b) Speed only
 - (c) Angle of release, speed, and height
 - (d) Mass of the object
6. Which of the following is an example of equilibrium in sports? (CO3, K2)
- (a) A gymnast holding a handstand
 - (b) A basketball player running
 - (c) A swimmer diving into a pool
 - (d) A sprinter accelerating

7. Which term describes resistance to change in motion?
(CO4, K2)
- (a) Friction (b) Inertia
(c) Momentum (d) Stability
8. Friction is essential in sports because _____
(CO4, K1)
- (a) It increases mass
(b) It helps maintain stability and motion
(c) It prevents motion altogether
(d) It reduces momentum
9. Stability during motion is increased by _____.
(CO5, K1)
- (a) Raising the center of gravity
(b) Narrowing the base of support
(c) Lowering the center of gravity
(d) Reducing body weight
10. What is the significance of a mechanical principle in sports?
(CO5, K1)
- (a) It ensures optimal nutrition
(b) It enhances performance by applying physical laws
(c) It improves joint structure
(d) It decreases flexibility requirements

Part B

(5 × 5 = 25)

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

11. (a) Define the terms flexion, extension, adduction, and abduction with examples. (CO1, K2)

Or

- (b) Discuss the characteristics of ideal and deviational posture. (CO1, K2)

12. (a) Differentiate between voluntary and involuntary muscles with examples. (CO2, K4)

Or

- (b) Discuss the significance of joint classification in sports biomechanics. (CO2, K4)

13. (a) Define motion and explain the types of motion with examples. (CO3, K4)

Or

- (b) Describe the factors affecting equilibrium during sports activities. (CO3, K4)

14. (a) Define angular displacement and describe its role in rotational movements. (CO4, K5)

Or

- (b) Describe the significance of acceleration in sprinting and jumping. (CO4, K5)

15. (a) Explain the principles of leverage in high jump performance. (CO5, K6)

Or

- (b) How do fundamental mechanical principles apply to running efficiency? (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Describe the planes and axes of motion and their significance in human movement. (CO1, K2)

Or

- (b) Explain the importance of kinesiology and biomechanics in developing training programs. (CO1, K2)

17. (a) Explain the types and significance of muscle contractions in physical activities. (CO2, K4)

Or

- (b) Analyze the importance of maintaining good posture for long-term health and athletic success. (CO2, K4)

18. (a) Explain the concept of force, its types, and its application in sports activities. (CO3, K4)

Or

- (b) Discuss the role of Newton's Laws of Motion in understanding human biomechanics. (CO3, K4)

19. (a) Discuss the role of friction and momentum in physical activities like running and cycling. (CO4, K3)

Or

- (b) Explain the principles of stability and center of gravity in sports activities like wrestling and gymnastics. (CO4, K5)

20. (a) Explain the role of biomechanics in analyzing and improving techniques in field events. (CO5, K6)

Or

- (b) Explain the importance of understanding fundamental mechanical movements in injury prevention. (CO5, K6)
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R5071

Sub. Code

721403

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

Fourth Semester

Physical Education

**RESEARCH AND STATISTICS IN PHYSICAL
EDUCATION**

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Research is defined as a _____ investigation to discover new facts. (CO1, K2)
(a) Random (b) Systematic
(c) Casual (d) Temporary
2. Testing the theoretical concepts in the actual problem situation is known as _____. (CO2, K1)
(a) Basic research (b) Applied research
(c) Action research (d) Scientific research
3. Experimental research method in physical education provides _____. (CO2, K1)
(a) Detail study
(b) Deep study
(c) Systematic and logical study
(d) Complete

4. What is the term for data collected in its original form?
(CO2, K2)
- (a) Grouped data (b) Processed data
(c) Raw data (d) Classified data
5. The _____ is the variable that is manipulated or changed in an experiment.
(CO3, K1)
- (a) Dependent variable
(b) Independent variable
(c) Controlled variable
(d) Random variable
6. Information collected directly by the researcher is called _____.
(CO3, K2)
- (a) Secondary data (b) Indirect data
(c) Primary data (d) Historical data
7. Which tool is commonly used to collect data in survey research?
(CO4, K2)
- (a) Microscope (b) Thermometer
(c) Questionnaire (d) Stopwatch
8. Mean, Median and Mode are measures of _____.
(CO4, K2)
- (a) Variability (b) Central Tendency
(c) Correlation (d) Probability
9. The difference between the highest and lowest score is called _____.
(CO5, K2)
- (a) Mean deviation (b) Standard deviation
(c) Range (d) Median
10. The bell shaped curve in statistics is called _____.
(CO5, K2)
- (a) Frequency curve (b) Pie chart
(c) Bar diagram (d) Normal curve

Part B

(5 × 5 = 25)

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

11. (a) Define research and explain the characteristics of research. (CO1, K3)

Or

- (b) Explain the scope of research in physical education. (CO1, K3)

12. (a) Write the definition and meaning of philosophical research. (CO2, K3)

Or

- (b) Write short note on case study. (CO2, K4)

13. (a) What is the purpose of review of related literature? (CO3, K4)

Or

- (b) Write short notes on types of interview. (CO3, K3)

14. (a) Compute the mean for the given scores :
65, 88, 74, 70, 80, 77, 59, 85, 96, 90.

(CO4, K5)

Or

- (b) Explain the merits and demerits of central tendency. (CO4, K3)

15. (a) Describe the concept of the Normal Curve.

(CO5, K5)

Or

- (b) Find out the Quartiles for the given data :

55, 64, 67, 70, 98, 75, 78, 83, 88, 98.

(CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Explain the need, importance and scope of research in physical education. (CO1, K3)

Or

- (b) Elaborate the criteria for selecting a research problem. (CO1, K3)

17. (a) Distinguished between primary source of data and secondary source of data. Explain with examples. (CO2, K4)

Or

- (b) Elaborate the sampling techniques. (CO2, K4)

18. (a) Explain the steps in the construction of a questionnaire. (CO3, K4)

Or

- (b) Explain the difference between reliability and validity. (CO3, K4)

19. (a) Explain the importance of statistics in the field of physical education. (CO4, K5)

Or

- (b) Find out mean for the given grouped data. (CO4, K4)

S.I.:	10-20	20-30	30-40	40-50	50-60	60-70	70-80	80-90	90-100
<i>f</i> :	3	4	5	6	7	8	11	14	15

20. (a) Explain the need and importance of graphical presentation in research. (CO5, K6)

Or

- (b) Find the Standard Deviation for the given data. (CO5, K4)

S.I.:	160-169	150-159	140-149	130-139	120-129	110-119
<i>f</i> :	1	4	9	9	10	16
S.I.:	100-109	90-99	80-89	70-79	60-69	
<i>f</i> :	14	12	4	2	1	

R5072

Sub. Code

721507

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

Fourth Semester

Physical Education

**Elective – THEORIES OF OFFICIATING AND
COACHING IN SPORTS AND GAMES**

(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. Developing people's skills and abilities is effectively achieved through _____ (CO1, K2)
(a) Officiating (b) Coaching
(c) Observing (d) Techniques
2. What is the primary role of officiating in sports and competitions? (CO1, K1)
(a) Refereeing (b) Administration
(c) Organizing (d) Activities
3. Who is responsible for motivation and encouragement during game time? (CO2, K1)
(a) Spectators
(b) Coach
(c) Referee
(d) Opposing team

4. During the game, coaches need to be flexible and adapt _____ (CO2, K2)
- (a) Planning (b) Recovery
(c) Team selection (d) Changing circumstances
5. During the game, maintaining optimal _____ is crucial for officials to make accurate calls (CO3, K2)
- (a) Fitness (b) Positioning
(c) Communication (d) Preparation
6. Official verified players _____ for before entering playing area (CO3, K1)
- (a) Eligibility (b) Skill level
(c) Strength (d) Performance
7. TA stands for _____ (CO4, K2)
- (a) Team activity (b) Travel allowance
(c) Total allowance (d) Team allowance
8. What is the meaning of integrity in sports? (CO4, K1)
- (a) Cheating to win
(b) Playing fairly and honestly
(c) Ignoring the rules
(d) Disrespecting others
9. The full width of the badminton court is _____ (CO5, K6)
- (a) 6.1 m (b) 5 m
(c) 6.5 m (d) 7.1 m
10. The weight of a cricket ball is _____ (CO5, K6)
- (a) Less than 5.5 ounces
(b) Between 5.5 and 5.75 ounces
(c) More than 6.5 ounces
(d) More than 7.5 ounces

Part B

(5 × 5 = 25)

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

11. (a) Discuss about the concept of officiating and coaching. (CO1, K2)

Or

- (b) List out the principals of Officiating. (CO1, K2)

12. (a) What you mean by philosophy of coaching? (CO2, K4)

Or

- (b) List down the duties of coach after post-game situation. (CO2, K4)

13. (a) What are the duties of official in general pre during and post games? (CO3, K4)

Or

- (b) Write short notes on philosophy of officiating. (CO3, K4)

14. (a) How to prepare the TA and DA bill? (CO4, K5)

Or

- (b) Write short notes on the values in sports. (CO4, K5)

15. (a) Discuss the history and development of volleyball. (CO5, K6)

Or

- (b) Draw a neat diagram of badminton court in specification. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) How to measure and compare the standards of officiating and coaching in detail. (CO1, K2)

Or

- (b) Describe about the relation of official and coach with management. (CO1, K2)

17. (a) Explain the duties of coach in pre- and post-game. (CO2, K4)

Or

- (b) Briefly explain the meaning, definition and philosophy of coaching. (CO2, K4)

18. (a) Write short note on following (CO3, K4)

(i) Ethics of officiating

(ii) What is the position of official in long jump event?

Or

- (b) Briefly explain the mechanism of officiating in Basketball. (CO3, K4)

19. (a) Explain the qualities and qualifications of a good coach. (CO4, K4)

Or

- (b) Explain the role and responsibilities of a team manager in sports. (CO4, K4)

20. (a) Draw a neat diagram of football field with all the measurements. (CO5, K6)

Or

- (b) Explain the standard equipment used in cricket along with their specifications. (CO5, K4)