

R-2508

Sub. Code

721101

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018.

First Semester

**HISTORY, PRINCIPLES AND FOUNDATION OF
PHYSICAL EDUCATION**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

All questions carry equal marks.

1. Write down any two definitions of physical education.
2. Write down any four Importance of physical education.
3. When was Indus valley civilization existed?
4. Explain the role of British period in growth of physical education in India.
5. Explain the term humanism.
6. What is Naturalism?
7. What is called as leadership?
8. Define attitude and sentiments.
9. Explain any one game from Pan Hellenic games.
10. What is called as heroic period?

11. What is learning curve?
12. Define physical culture.

Part B

(5 × 5 = 25)

Answer any **five** questions.

All questions carry equal marks.

13. Explain the scope of physical education.
14. Describe the misconception of physical education.
15. Discuss the contribution of Akhadas.
16. Explain the role and contribution of YMCA in growth of physical education in India.
17. Explain the term fitness and wellness.
18. Write down the laws of learning and its impact in children.
19. What do you mean by gender difference and its role in teaching physical education?
20. Write down the type of physical education during Ancient Athens.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

21. Write down the relationship of physical education with general education.
22. Describe the history of physical education in ancient India.

23. Write a note on Philosophical foundation of physical education.
 24. Write down the biological foundation of physical education.
 25. Discuss the type of physical education existed during the ancient Spartan period.
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R-2509

Sub. Code

721102

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

First Semester

Physical Education

**ANATOMY, PHYSIOLOGY, SPORTS MEDICINE,
PHYSIOTHERAPY AND REHABILITATION**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Write down the nature of Anatomy.
2. Define sports medicine.
3. What is called as rehabilitation?
4. Write down two importance of exercise.
5. Explain the causes of low back pain.
6. List down two common injuries of wrist.
7. Write down contraindications of ultra sound.
8. What is the advantages of application of ice after injury?
9. Define massage.
10. Write down four contraindication of massage.

11. Write two importance of bandage.
12. List down four hormones secreted by endocrine glands.

Part B

(5 × 5 = 25)

Answer any **five** questions.

13. Describe the need and importance of rehabilitation.
14. Write down the effect of exercise on muscular system.
15. Discuss the aims and objectives of sports medicine.
16. Explain two strengthening exercises for any muscle of your choice.
17. Explain the signs and symptoms of dislocation and methods of management.
18. List down the common injuries of elbow and wrist.
19. Write down the principles of rehabilitation.
20. What are the precautions to be kept before giving massage?

Part C

(3 × 10 = 30)

Answer any **three** questions.

21. Write down the need and importance of Anatomy, Physiology and physiotherapy for physical education students.
22. What are the effects of exercise on cardio-respiratory system?

23. Discuss the doping agents, their side effects and testing procedure.
 24. What do you mean by thermotherapy? List down the apparatus and discuss the Indication and contraindications of any two instruments
 25. Describe different massage techniques along with their advantages.
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R-2510

Sub. Code

721103

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

First Semester

Physical Education

**ORGANISATION, ADMINISTRATION, AND SPORTS
MANAGEMENT**

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. What are the basic qualification for physical education teacher?
2. What is called as planning?
3. Explain the meaning of office management.
4. Describe the purpose of a register.
5. List down the sources of income
6. List down outdoor infrastructure in physical education.
7. Define knock out tournament.
8. What is called as competition?
9. Write down the merits of combination tournament.
10. Define extramural competition.

11. Define camp.
12. What is known as student pupil ratio?

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Describe the need and importance of organisation and administration.
14. Explain the essential skills of sports management.
15. Discuss the factors affecting time table.
16. Describe the sports management system at school level.
17. Draw a knock out fixture for 32 teams.
18. Explain league tournament and write down the merits and demerits.
19. Describe intramural in detail.
20. Describe the need and importance of leadership qualities.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Write down the principles of planning and discuss the responsibilities of physical education teacher.
22. What is budgeting? Write down the criteria of a good budget and prepare a sample budget for government school.
23. What are the means and methods of maintaining swimming pool and gymnasium?

24. What is a tournament? Write down a complete note on importance, types and organisational structure of tournament with suitable examples.
 25. How will you select and layout a camp site?
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R-2511

Sub. Code

721501

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

First Semester

OLYMPIC MOVEMENT

(CBCS – 2018 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Write down the meaning of Olympic movement.
2. When did the ancient Olympic start?
3. Explain the meaning of the motto of modern Olympics.
4. Explain “Antwerp Flag” in Olympics.
5. What colour have five intersecting rings of the Olympics’ flag?
6. When is winter Olympics held?
7. Explain awards given to first position medallist in modern Olympics.
8. What is the purpose of Para Olympics?
9. Write down the events being held in the Olympic Games.
10. From what country did Olympic game originated?
11. List down Olympic medal winners of India.
12. Write down the schedule for 16 days Olympic games.

Part B**(5 × 5 = 25)**Answer any **five** questions.

13. Write down the early history of the Olympic movement.
14. Describe the significance of Olympic ideals.
15. Explain the Olympic protocol for member countries.
16. Give an account on winter Olympics.
17. Explain the awards given in Olympics.
18. Throw some light on Olympic village.
19. Discuss the Olympic code of ethics.
20. Explain Olympic torch.

Part C**(3 × 10 = 30)**Answer any **three** questions.

21. Write down the Philosophy of Olympic movement and explain the significant stages in the development of modern Olympic movement.
22. “Olympics in action- sports for all” – Discuss.
23. Write note on different Olympic Games.
24. Describe the structure and functions of International Olympic Committee.
25. Discuss the elements of closing ceremony.

R-2512

Sub. Code

721301

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

Third Semester

Physical Education

SPORTS TRAINING

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define sports training.
2. What are the Objectives of sports training?
3. Define strength.
4. Define endurance.
5. Meaning of Training Load.
6. Define tactical Training
7. Types of periodisation.
8. What is aim of periodisation?
9. What is the mechanical device used in Training?
10. Define training plan.

11. Define Mobility.
12. List out the equipments used for training.

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Explain the aims of sports training.
14. Explain the principles of sports training.
15. Explain methods to speed.
16. Explain the methods to develop endurance.
17. Explain different types of training load.
18. What is the point to be carryout while planning training session?
19. Write short notes on training plan.
20. Explain the mechanical devices used in training.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Explain the various types sports training.
22. Explain the means and methods to develop flexibility.
23. Explain the means and methods of tactical of training.
24. Explain how to identify the talent and its development.
25. Write a model training plan for any one of the game on your choice.

R-2513

Sub. Code

721302

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

Third Semester

Physical Education

COMPUTER APPLICATION IN PHYSICAL EDUCATION

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. What is the expansion of ICT?
2. What are the short cut keys for SAVE and PRINT?
3. Mention any three output devices for computer.
4. How will you insert the page numbers in MS Word?
5. What is the meaning of spreadsheet?
6. How will you insert graphs in MS Power Point?
7. What is the meaning of MS Power Point?
8. How will you insert pictures in MS Power Point?

9. Write any four uses of MS Publisher.
10. How will you create the tables in MS Access?
11. What are the short cut keys for CUT and PASTE?
12. How will you calculate SUM in MS Excel?

Part B (5 × 5 = 25)

Answer any **five** questions.

13. Briefly explain any four input devices of computer.
14. What is the meaning and uses of CPU?
15. How will you open a new document in MS Word?
16. What are steps involved in insert charts and Tables?
17. List out the uses of MS Excel.
18. Write the uses of animation in power point.
19. How will you create a database in MS Access?
20. Write the procedure for designing invitations.

Part C (3 × 10 = 30)

Answer any **three** questions.

21. Discuss about the application of computers in physical education.
22. Discuss the uses of MS word.

23. Explain about to calculate AVERAGE of 10, 20, 30, 40, 50 in MS Excel with neat diagram.
 24. Describe the uses of DESIGN, TRANSITION, and SLIDE SHOW in MS Power Point.
 25. Explain the uses of MS Access in Physical Education.
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R-2514

Sub. Code

721303

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

Third Semester

Physical Education

SPORTS PSYCHOLOGY AND SOCIOLOGY

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define sports psychology.
2. What is the meaning of adolescents?
3. Define aggression.
4. What is the meaning of anxiety?
5. What is the meaning of sociology?
6. Write any three uses of questionnaire method.
7. Short note on culture.
8. What is meant by motor learning?
9. What is the meaning of fine motor skills?
10. What is the meaning of learning?
11. Short note in arousal.
12. What is the meaning of heredity?

Part B**(5 × 5 = 25)**Answer any **five** questions.

13. Briefly write the nature of individual differences.
14. Describe the characteristics of various stages of growth and development.
15. Write about laws of learning.
16. What are the impacts of motivation on sports performance?
17. Briefly explain the socialization through physical education.
18. What are the different types of interview method?
19. Short note on Acuity of sense.
20. Briefly explain about personality.

Part C**(3 × 10 = 30)**Answer any **three** questions.

21. Explain the psycho-sociological aspects of human behaviour in relation to physical education and sports.
 22. Explain about the theories of learning.
 23. Describe the benefits of physical education for sociability.
 24. Discuss the features and importance of culture.
 25. Explain about cognitive process.
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R-2515

Sub. Code

721503

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2018

Third Semester

Physical Education

CURRICULUM DESIGN

(CBCS – 2015 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer any **ten** questions.

1. Define curriculum.
2. Brief note on research finding.
3. Brief note on individualization.
4. Short note on socialization.
5. Define curriculum design.
6. What is mean by curriculum planning?
7. Define health education.
8. Define recreation.
9. Briefly upper primary level.
10. Brief high school level.
11. What is the need of curriculum?
12. What is the equipment required for curriculum development?

Part B**(5 × 5 = 25)**Answer any **five** questions.

13. Explain the need and importance of curriculum.
14. Explain the factors effecting curriculum.
15. Explain the sequence and operation for curriculum constructions.
16. Explain the basic guidelines for curriculum construction.
17. Explain the basic principles of curriculum construction.
18. Explain the role of teachers in curriculum design.
19. Explain the various area of physical education.
20. Briefly explain the curriculum for preprimary level.

Part C**(3 × 10 = 30)**Answer any **three** questions.

21. Explain the role of the teacher in curriculum development in details.
22. Explain the steps in curriculum construction.
23. Explain the importance and factors affecting curriculum design.
24. Explain the facilities and special resources for library and laboratory.
25. Explain the curriculum for higher secondary level.