

**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2020**

B.P.Ed.

EC 102—OFFICIATING AND COACHING

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks.*

1. Describe the principles and importance of officiating.

Or

Explain the psychology of competition and coaching.

(15 marks)

2. Write a detail note on the measures used to improve the standards of officiating and coaching.

Or

Elaborate the responsibilities of a football coach on and off the field.

(15 marks)

3. Explain the relation of official and coach with management, players and spectators.

Or

Discuss the philosophy of officiating.

(15 marks)

4. Give your decision with reason and write short notes wherever applicable on any three of the following :

(a) Tie breaking in pole vault.

(b) The ball goes outside the court after being played by opponents simultaneously, (football)

(c) Half stagger, Full stagger, 1.5 m stagger in Athletics.

(d) Playing conditions of a libero in volleyball.

(15 marks)

Turn over

5. Answer any *fifteen* questions from the following :

(i) Measurement of handball court is :

- (a) 40 m × 20 m. (b) 50 m × 75.
(c) 45 m × 45 m. (d) 20 m × 20 m

(ii) The term 'Cutter' is used in _____.

- (a) Football. (b) Baseball.
(c) Softball. (d) Cricket.

(iii) The first Indian athlete who participated in Olympics :

- (a) P.T. Usha. (b) Norman Pritcahrd.
(c) Milkha Singh . (d) Dhyan Chand.

(iv) Which is the national game of U.S.A ?

- (a) Rugby. (b) Baseball.
(c) Volleyball. (d) Soccer.

(v) How many hurdles are used in 110m Men's hurdle ?

- (a) 8. (b) 7.
(c) 11. (d) 10.

(vi) Standard lane width in an athletic track is _____.

- (a) 1.72 m. (b) 1.22 m.
(c) 1.67 m. (d) 1.11 m

(vii) Basketball was invented by :

- (a) Dr. James Naismith. (b) William G. Morgan.
(c) Karch Kiraly. (d) George Hancock.

(viii) Ideal angle for the Javelin throw for covering maximum distance is _____.

- (a) 90° angle. (b) 30° angle.
(c) 100° angle. (d) 45° angle.

(ix) Davis cup is associated with :

- (a) Tennis. (b) Kabaddi.
(c) Cricket. (d) Hockey.

- (x) First Indian who won an individual gold medal at Olympics :
- (a) Karnam Malleswary. (b) K.D Jadhav.
(c) P.T. Usha. (d) Abhinav Bindra.
- (xi) To take penalty stroke in hockey, any skills can be used except :
- (a) Flick. (b) Push.
(c) Hit. (d) Scoop.
- (xii) 'Round Robin' is a name given to :
- (a) League type composition. (b) Ladder tournament.
(c) Knock out tournament. (d) Consolation tournaments.
- (xiii) How many officials are required for a football match ?
- (a) 3. (b) 4.
(c) 1. (d) 5 .
- (xiv) The final event in a decathlon is always :
- (a) 1500m Race. (b) 110m Hurdles.
(c) Javelin throw. (d) 800m Race.
- (xv) The penalty kick spot in football is marked at a distance of _____.
- (a) 12 Yards. (b) 10 Yards.
(c) 8 Yards. (d) 11 Yards.
- (xvi) Who was the first president of I.O.C ?
- (a) Pierre de Coubertine. (b) Jaques Rogge.
(c) Juan Antonio Samaranch. (d) Demetrios Vikelas.
- (xvii) Measurement of a Volleyball court is :
- (a) 8 m × 18 m. (b) 10 m × 16 m.
(c) 9 m × 18 m. (d) 15 m × 15 m.
- (xviii) First Indian to win Wimbledon Junior singles title :
- (a) Leander Paes. (b) Mahesh Bhupati.
(c) Rohan Boppana. (d) Ramanathan Krishnan.

(15 marks)

**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2020**

B.P.Ed.

EC 101—OLYMPIC MOVEMENT

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks each.*

1. Write a note on the governing body of Olympic games.

Or

Discuss the course of decline and termination ancient Olympic games.

(15 marks)

2. Write a note on the awards of modern Olympic games.

Or

Briefly describe the objectives of modern Olympic games.

(15 marks)

3. Write a note on the closing ceremony of modern Olympic games.

Or

Write a note on the historical background of ancient Olympic games.

(15 marks)

4. Write short note on any three out of four :

- i) Olympic flag.
- ii) National Olympic committee.
- iii) Summer Olympic games.
- iv) Olympic torch ?

(15 marks)

5. Answer any *fifteen* questions out of 18. Each correct answer carries 1 mark :

I The word 'athlete' was originated in _____.

- a) Rome.
- b) China.
- c) India.
- d) Greece.

Turn over

- II Modern Olympics began in the year _____.
- a) 1986. b) 1896.
c) 1869. d) 1968.
- III Green color in Olympic flag represents which continent ?
- a) Asia. b) America.
c) Australia. d) Europe.
- IV In which year winter Olympics held for first time ?
- a) 1923. b) 1924.
c) 1925. d) 1926.
- V The Olympic moto "CITTIUS-ALTIUS-FORTIUS" means _____.
- a) Higher stronger faster. b) Stronger higher faster.
c) Stronger faster swifter. d) Faster taller swifter.
- VI. How many rings are there in modern Olympic flag ?
- a) 3. b) 5.
c) 4. d) 6.
- VII First modern Olympics were held at :
- a) Rome. b) Athens.
c) Italy. d) Russia.
- VIII Who secured the first gold medal for India in Olympics ?
- a) Mary com. b) Abhinav Bindra.
c) Karnam Malleswari. d) Sushil Kumar.
- IX Palestra was famous for _____.
- a) Swimming & Bathing. b) Music.
c) Wrestling. d) Grammar.
- X Colosseum in Rome was famous for _____.
- a) Gladiatorial Combats. b) Horse racing.
c) Swimming. d) Judo.

- XI In which Olympics the women participated in Olympics for the first time ?
- a) 1896 - Athens. b) 1900 - Paris.
c) 1920 - Antwerp. d) 1924 - France.
- XII How many countries participated in first modern Olympics ?
- a) 14. b) 13.
c) 12. d) 11.
- XIII Which of the following organization control the participation of Indian team in an Olympic game ?
- a) AAFI. b) OCA.
c) IOC. d) IOA.
- XIV Who is the father of modern Olympics ?
- a) Rousseau. b) BP Coubertin.
c) Plato. d) Sondhi.
- XV In which Olympics Olympic gold medal were given to the winners for the first time ?
- a) 1928-Antwerp. b) 1900 - Paris.
c) 1908 - London. d) 1896-Athens.
- XVI What is the motto written on the shrine of god Appolo in Greece ?
- a) Meden agan. b) Citius Altius Fortius.
c) Ever onward. d) Fight and Win.
- XVII How many entries per event allowed in Olympics ?
- a) 5. b) 4.
c) 3. d) 2.
- XVIII Olympics Rings indicates :
- a) Five Countries. b) Five Continents.
c) Five Rivers. d) Five Mountains.

(15 marks)

**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2020**

B.P.Ed.

CC 103—HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

Time : Three Hours

Maximum : 75 Marks

Answer all questions.

All questions carry 15 marks each.

1. Describe aim, objective and Principles of Health Education.

Or

Discuss in detail the Need and importance of environmental studies in the present day society.

(15 marks)

2. Explain the fundamental principles of first aid. Define poisoning and the first aid given for poisoning.

Or

Discuss in detail about the causes and effects of water pollution, and the different preventive measures to be taken.

(15 marks)

3. Critically analyze the cause of communicable and non-communicable diseases.

Or

Explain the need and importance of personal hygiene in our life. How can we maintain our personal cleanliness.

(15 marks)

4. Write short note on any *three* out of four :

(i) Noise pollution and its effects.

(ii) Aim of pollution control board.

(iii) Adverse effects of obesity.

(iv) Government policies on managing our environment.

(15 marks)

Turn over

5. Answer any *fifteen* questions out of 18. Each correct answer carries 1 mark :

(i) When was WHO founded ?

(a) 5 June 1940. (b) 12 August 1946.

(c) 26 June 1945. (d) 7 April 1948.

(ii) Which of the following is not a source of protein?

(a) Egg. (b) Meat.

(c) Oil. (d) Milk.

(iii) Deficiency disease of Vitamin D :

(a) Obesity. (b) Night blindness.

(c) Kwashiorkor. (d) Rickets.

(iv) Expand AIDS :

(a) Actual Immune Deficiency Syndrome.

(b) Acquired Immune Deficiency Syndrome.

(c) Acquired Immuno Delta Syndrome.

(d) Acquired Immune Disease Syndrome

(v) Which of the following minerals keeps brain, nails and hair, healthy ?

(a) Potassium. (b) Sulphur.

(c) Phosphorous (d) Calcium.

(vi) Which gland regulates the rate of metabolism in the body ?

(a) Pituitary. (b) Parathyroid.

(c) Thyroid. (d) Gonads.

(vii) Carbohydrate loading mostly helps _____.

(a) Marathon runners. (b) Powerlifters.

(c) Sprinters. (d) Boxers.

(viii) The process by which food is taken by the organisms is called _____.

(a) Ingestion. (b) Assimilation.

(c) Digestion. (d) Absorption.

- (ix) Thermal pollution is the degradation of water quality by any process that changes ambient _____.
- (a) Water temperature. (b) Moisture.
(c) Air Temperature. (d) Pressure.
- (x) When is the central pollution control board established ?
- (a) 1956. (b) 1974.
(c) 1982. (d) 1968.
- (xi) Necessary basic conditions for good health includes :
- (a) Proper diet. (b) Exercise and rest.
(c) Personal hygiene. (d) All the above.
- (xii) Types of fat which are not hazardous for health is _____.
- (a) Saturated.
(b) Polysaturated.
(c) Unsaturated.
(d) All the above.
- (xiii) The breathing rate in human being is _____.
- (a) 36/min. (b) 72/min.
(c) 12-20/min. (d) 20-30/min.
- (xiv) Chief source of vitamin A is _____.
- (a) Egg. (b) Guava.
(c) Banana. (d) Carrot.
- (xv) Spectrum of life ends up in _____.
- (a) Positive health. (b) Mild sickness.
(c) Death. (d) Severe sickness.
- (xvi) Unhealthy eating pattern do not cause :
- (a) Anemia. (b) Obesity.
(c) AIDS. (d) Tetanus.

(xvii) Sunlight is a source of :

- (a) Vitamin A.
- (b) Vitamin B.
- (c) Vitamin C.
- (d) Vitamin D.

(xviii) Enzyme which digest fat is :

- (a) Trypsin.
- (b) Amylase.
- (c) Lipase.
- (d) Maltase.

(15 marks)

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**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
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B.P.Ed.

CC 102—ANATOMY AND PHYSIOLOGY

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks.*

1. Briefly explain the importance of Anatomy and Physiology in the field of Physical Education.

Or

Explain the different types of muscles in human body and its functions.

(15 marks)

2. Explain the sliding filament theory with the help of suitable diagrams

Or

Classify the joints of the human body.

(15 marks)

3. Define respiration. Draw the structure of human respiratory system and explain the mechanism of respiration.

Or

Give a note on nervous system and its functions.

(15 marks)

4. Write short note on any *three* :

- (a) Effect of exercise on cardio-respiratory system.
- (b) Functions of blood.
- (c) Systemic circulation and pulmonary circulation.
- (d) Effect of exercise on muscular system.

(15 marks)

5. Answer any *fifteen* :

1 Structural unit of a muscle tissue is _____.

- (a) Muscle fiber.
- (b) Mitochondria.
- (c) Cytoplasm.
- (d) Cell wall.

Turn over

- 2 Striated muscles are also known as :
- (a) Involuntary muscles. (b) Smooth muscle.
(c) Voluntary muscle. (d) Cardiac muscle.
- 3 _____ muscle is found only in heart.
- (a) Striated muscle. (b) Smooth muscle.
(c) Cardiac muscle. (d) Non striated muscle.
- 4 _____ are the hollow passages in bones of the skull.
- (a) Sinuses. (b) Larynx.
(c) Trachea. (d) Nasal cavity.
- 5 The two superior chambers of the heart are called :
- (a) Ventricles. (b) Atria.
(c) Arteries. (d) Vein.
- 6 _____ connects muscle to bone.
- (a) Ligaments. (b) Tendons.
(c) Muscle fiber. (d) Myofilament.
- 7 Which organ performs endocrine as well as exocrine functions in human body ?
- (a) Liver. (b) Pancreas.
(c) Kidney. (d) Gall bladder.
- 8 Which one is the longest bone in the human body ?
- (a) Femur. (b) Tibia.
(c) Fibula. (d) Phalanges.
- 9 Red blood cells are also known as :
- (a) Lymphocytes. (b) Leukocytes.
(c) Erythrocytes. (d) Thrombocytes.
- 10 Which is the largest internal organ in the human body ?
- (a) Small intestine. (b) Liver.
(c) Kidney. (d) Large intestine.

- 11 The functional unit of kidney is known as :
- (a) Nephron. (b) Pyramid.
(c) Cortex. (d) Medulla.
- 12 The connection between the nerve fiber and the muscle is known as :
- (a) Dendrites. (b) Axon.
(c) Synapse. (d) Myelin sheath.
- 13 Nerve impulses exist in the form of _____.
- (a) Kinetic energy. (b) Potential energy.
(c) Electrical energy. (d) Mechanical energy.
- 14 _____ is called the 'power house of the cell'.
- (a) Cell wall. (b) Cell membrane.
(c) Mitochondria. (d) Cytoplasm.
- 15 The oxygenated blood leaves the left ventricle of the heart by :
- (a) Superior venacava. (b) Inferior venacava.
(c) Pulmonary vein. (d) Aorta.
- 16 During heavy exercise the supply of blood increases towards _____.
- (a) Brain. (b) Skeletal muscle.
(c) Skin. (d) Kidney.
- 17 WBC is also known as :
- (a) Erythrocytes. (b) Leukocytes.
(c) Thrombocytes. (d) Lymphocytes.
- 18 The amount of blood pumped by the heart in one minute :
- (a) Cardiac output. (b) Stroke volume.
(c) Tidal volume. (d) Dead space.

(15 marks)

**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2020**

B.P.Ed.

CC 101—HISTORY, PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks*

1. Define Physical Education. Explain the aims of Physical Education. Justify the importance of PE in the curriculum.

Or

Define Physical Education. Explain the aims and objectives of Physical Education.

(15 marks)

2. Briefly explain about the philosophical foundation of Physical Education.

Or

Explain the laws and principles of learning.

(15 marks)

3. Discuss how physical activity influences social nature of man.

Or

Write a brief note on sociological basis of Physical Education and socialization process.

(15 marks)

4. Explain the misconception and controversies on the name of Physical Education.

Or

Briefly explain the history of Physical Education in India.

(15 marks)

5. Answer any *fifteen* :

(i) Main aim of Physical Education is :

(a) Exercising.

(b) Physical activity.

(c) All round development.

(d) Body building.

Turn over

- (ii) All India Council of Sports started in :
- (a) 1996. (b) 1974.
(c) 1954. (d) 1956.
- (iii) YMCA College for Physical Education was started in :
- (a) 1930. (b) 1922.
(c) 1920. (d) 1934.
- (iv) Meaning of Philosophy is :
- (a) Truth beauty. (b) Love of wisdom.
(c) Goodness and beauty. (d) Love of knowledge.
- (v) Social development objective of Physical Education put utmost emphasis on
- (a) Group play. (b) Interpersonal relationship.
(c) Social adjustment. (d) Social wellbeing.
- (vi) The classification of body types as Endomorph, Ectomorphs, Mesomorphs are given by :
- (a) Kretcher. (b) Sheldon.
(c) Plato. (d) Aristotle.
- (vii) First Asian games were organized at :
- (a) New Delhi. (b) Banglore.
(c) Patiala. (d) Chennai.
- (viii) Out of the following, which modern sport the British did not bring to India ?
- (a) Football. (b) Badminton.
(c) Cricket. (d) Tennis.
- (ix) Who is known as the father of idealism :
- (a) Plato. (b) Aristotle.
(c) Archemidies. (d) Russau.
- (x) Which among the following is considered to be the vedic age :
- (a) 2500 B.C.-600 B.C. (b) 600 B.C.-320 B.C.
(c) 1200 A.D.-1857 A.D. (d) 320 A.D.-1200 A.D.

- (xi) Naturalism is also known as :
- (a) Materialism.
 - (b) Pragmatism.
 - (c) Experimentalism.
 - (d) Humanism.
- (xii) SAI was formed in :
- (a) 1983.
 - (b) 1984.
 - (c) 1985.
 - (d) 1986.
- (xiii) What is the minimum qualification to become a coach in India ?
- (a) NSNIS Diploma.
 - (b) BPED.
 - (c) MPED.
 - (d) MPhil.
- (xiv) After fertilization a spermatozoa and ovum immediately transform into :
- (a) Zygote.
 - (b) Gametes.
 - (c) Embryo.
 - (d) Fetus.
- (xv) The Olympic motto Citius, Altius, Fortius was coined by :
- (a) Barron Pirre de Coubertin.
 - (b) Juan Antonio Samaranth.
 - (c) I.O.C.
 - (d) Father Henry Didion.
- (xvi) Which age is determined by signs of puberty ?
- (a) Chronological age.
 - (b) Anatomical age.
 - (c) Physiological age.
 - (d) Mental age.
- (xvii) Lakshmi Bai National Institute of Physical Education is located at :
- (a) Luknow.
 - (b) Gwalior.
 - (c) Jhansi.
 - (d) Patiala.
- (xviii) Full form of SAI is :
- (a) Sports for All in India.
 - (b) Sports Administration in India.
 - (c) Sports Authority of India.
 - (d) South Asian Sports Authority.

**FIRST SEMESTER B.PEd. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2021**

B.PEd.

EC 102—OFFICIATING AND COACHING

(2015 Syllabus year)

Time : Three Hours

Maximum : 75 Marks

1. Elaborate the responsibilities of a volleyball coach on and off the field.

Or

Explain in detail about the integrity and values of sports.

(15 marks)

2. Write the eligibility rules of intercollegiate and inter-university tournaments. Give note on the preparation of TA, DA bills of the players.

Or

Explain the concept of officiating and coaching.

(15 marks)

3. Write in detail the measures of improving officiating and coaching.

Or

Explain the mechanism of officiating a football match.

(15 marks)

4. Give your decision with reason and write short notes wherever applicable on any *three* of the following :

(a) Progression of fouls in handball.

(b) Offside in football.

(c) Tie breaker in triple jump.

(d) While changing the baton, the baton fell down from the hand of the incoming runner and the outgoing runner picked up the baton and finished the race in first position. (Athletics)

(3 × 5 = 15 marks)

Turn over

5. Answer any *fifteen* question from the following :

(i) Name the first Indian to win a medal from independent India :

- (a) K.D Jadav. (b) Abhinav Bindra.
(c) Saina Nehwal. (d) Rajya Vardhan Rathor.

(ii) Who is known as the 'Golden girl of India' ?

- (a) Mary D'Souza. (b) Marycom.
(c) P.T Usha. (d) M.D Valsamma.

(iii) Name the first Indian to achieve a career grand slam in doubles from the following :

- (a) Mahesh Bhupati. (b) Leander Paes.
(c) P. Harikrishna. (d) Rohan Bopanna.

(iv) Measurement of a standard football field is :

- (a) 85m × 110m. (b) 90m × 120m.
(c) 45m × 45m. (d) 60m × 130m.

(v) 'Smashing' in volleyball is also known as _____.

- (a) Spiking. (b) Blocking.
(c) Lifting. (d) Servicing.

(vi) 'Thomas Cup' is associated with :

- (a) Cricket. (b) Hockey.
(c) Table tennis. (d) Badminton.

(vii) India participated in Olympic games for the first time in :

- (a) 1896. (b) 1900.
(c) 1928. (d) 1912.

(viii) The total number of players in a kho-kho team are :

- (a) 12. (b) 10.
(c) 8. (d) 14.

- (ix) The radius of the centre circle in a football field is _____.
- (a) 8 Yard. (b) 13 Yard.
(c) 10 Yard. (d) 11 Yard.
- (x) The minimum distance between the take off board and the far end of the landing area in long jump is _____.
- (a) 8m. (b) 10m.
(c) 12m. (d) 6m.
- (xi) National game of our country is :
- (a) Cricket. (b) Kabaddi.
(c) Volleyball. (d) Hockey.
- (xii) During high jump, the arched back of clearing the bar is called _____.
- (a) Fosbury flop. (b) Vertical Jump.
(c) Western roll. (d) Straddle roll.
- (xiii) In cricket, the ball is not dead when _____.
- (a) When the ball hits an umpire.
(b) A batsman is out.
(c) It reaches or pitches over the boundary.
(d) The umpire calls 'over'
- (xiv) The height of hurdle for women 400m hurdle is _____.
- (a) 1.067m. (b) 0.96m.
(c) 0.84m. (d) 1.22m.
- (xv) The distance of marathon race is :
- (a) 40km. (b) 43km.
(c) 41.18km. (d) 42.195km.

(xvi) Which of the following is the oldest sport in India ?

- (a) Cricket. (b) Wrestling.
(c) Handball. (d) Volleyball.

(xvii) 'Cant' is a term used in _____.

- (a) Cricket. (b) Waterpolo.
(c) Kabaddi. (d) Boxing.

(xviii) What is the duration of hockey game ?

- (a) 60 minute. (b) 80 minute.
(c) 90 minute. (d) 70 minute.

(15 × 1 = 15 marks)

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EXAMINATION, NOVEMBER 2021**

B.P.Ed.

EC 101—OLYMPIC MOVEMENT

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks each.*

1. Write a note on the participants of India in Olympics.

Or

Explain the decline and termination of ancient Olympic games.

(15 marks)

2. Write a note on the awards given in ancient Olympic games.

Or

Discuss in detail the primary goals of Olympic movement.

(15 marks)

3. Write a note on the historical background of ancient Olympic Games.

Or

Briefly describe the objectives of modern Olympic Games.

(15 marks)

4. Write short note on any *three* out of four :

- (i) Functions of IOC.
- (ii) Functions of Olympic commission.
- (iii) Awards of Modern Olympic Games.
- (iv) Olympic flag.

(3 × 5 = 15 marks)

Turn over

5. Answer any *fifteen* questions out of 18. Each correct answer carries 1 mark :

(i) Green color in Olympic flag represents which continent ?

- a) Asia.
- b) America.
- c) Australia.
- d) Europe.

(ii) Women are allowed to participate in Olympic games since _____.

- a) 1908 U. K.
- b) 1900 France.
- c) 1909 Sweden.
- d) 1916 Germany.

(iii) 2024 summer Olympic games are going to be held at _____.

- a) Paris.
- b) Rome.
- c) Atlanta.
- d) Tokyo.

(iv) In which year Olympic games were cancelled due to First World War ?

- a) 1912.
- b) 1924.
- c) 1916.
- d) 1920.

(v) Which is the authority responsible for organizing summer and winter Olympics ?

- a) IOA.
- b) IOC.
- c) OCA.
- d) AAFI.

(vi) Torch ceremony in Olympic games was introduced during which Olympics ?

- a) 1936 Berlin.
- b) 1924 Paris.
- c) 1964 Tokyo.
- d) 1908 London.

(vii) Where are the Headquarters of the International Olympic Committee located ?

- a) Atlanta, United States.
- b) Lausanne, Switzerland.
- c) Paris, France.
- d) Athens, Greece.

(viii) In which year modern Olympic games held ?

- a) 1900.
- b) 1904.
- c) 1924.
- d) 1892.

(xvii) First para Olympic games were held at _____.

- a) Berlin.
- b) Paris.
- c) Rome.
- d) Seoul.

(xviii) Which of the following organizations control the participation of Indian team in Olympic games ?

- a) IOA.
- b) AAFI.
- c) OCA.
- d) IOC.

(15 × 1 = 15 marks)

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**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2021**

B.P.Ed.

CC 103—HEALTH EDUCATION AND ENVIRONMENTAL STUDIES

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

*Answer all questions.
All questions carry 15 marks each.*

1. Explain in detail about the spectrum and determinants of health.

Or

Health education is very important in school scenario. Explain.

(15 marks)

2. Discuss in detail about the different types of pollutions in our environment.

Or

Describe the fundamental principles of first aid. Explain the fracture and types of fractures.

(15 marks)

3. Critically analyze the cause of communicable and non-communicable diseases.

Or

Aim, objective and Principles of Health Education.

(15 marks)

4. Write short note on any *three* out of four :

(i) Thermal pollution.

(ii) Ozone layer.

(iii) Plastic recycling.

(iv) Adulteration.

(3 × 5 = 15 marks)

Turn over

5. Answer any *fifteen* questions out of 18. Each correct answer carries 1 mark :

- (i) _____ was given an important place in ancient medicine.
- (a) Health. (b) Hygiene.
(c) Mind. (d) Body.
- (ii) Where is mumps affected ?
- (a) Salivary Gland. (b) Liver.
(c) Brain. (d) Lungs.
- (iii) Deficiency disease of Vitamin A :
- (a) Obesity. (b) Nightblindness.
(c) Kwashiorkor. (d) Rickets.
- (iv) Ratio of Carbohydrates, Proteins and Fat in the diet of an average individual should be _____.
- (a) 4 : 1 : 1. (b) 3 : 2 : 2.
(c) 1 : 4 : 4. (d) 4 : 4 : 4.
- (v) Which of the following minerals is responsible for body growth and keeping body healthy ?
- (a) Vitamin B complex. (b) Vitamin D.
(c) Vitamin C. (d) Vitamin K.
- (vi) Every year on _____ world environmental day is celebrated.
- (a) December 12. (b) June 5.
(c) July 8. (d) March 4.
- (vii) Air pollution is the pollution of air by smoke and harmful gases, mainly oxides of _____.
- (a) Methane and nitrogen.
(b) Sulphur and nitrogen.
(c) Carbon, ethane and butane.
(d) Oxygen and Carbon.

- (viii) Which blood group is known as Universal Donor ?
- (a) AB -ve. (b) O -ve.
(c) O +ve. (d) AB +ve.
- (ix) Which of the following is the richest source of Vitamin C ?
- (a) Banana. (b) Apple.
(c) Guava. (d) Tomato.
- (x) When is the central pollution control board established ?
- (a) 1956. (b) 1974.
(c) 1982. (d) 1968.
- (xi) Normal Blood Pressure of an average individual :
- (a) 80/120 mmHg. (b) 120/80 mmHg.
(c) 140/90 mmHg. (d) 90/140 mmHg.
- (xii) HIV virus causes _____.
- (a) Tuberculosis. (b) Anemia.
(c) Hepatitis B. (d) AIDS.
- (xiii) Hypoglycemia is a condition in which the body has low level of _____.
- (a) Glucose. (b) Protein.
(c) Oxygen. (d) Fat.
- (xiv) Process in which absorption of soluble food is done by the wall of small intestine and then passed to the blood is _____.
- (a) Assimilation. (b) Absorption.
(c) Digestion. (d) Ingestion.
- (xv) World health day is on _____.
- (a) June 5. (b) April 7.
(c) April 16. (d) May 1.

(xvi) Renal glands produce :

- (a) Adrenalin.
- (b) Renin.
- (c) Pepsin.
- (d) None of the above.

(xvii) The internal organ where alcohol is absorbed into the capillaries lining is :

- (a) Kidney.
- (b) Gall bladder.
- (c) Liver.
- (d) Pancreas.

(xviii) Carbohydrate is an important component of diet especially for :

- (a) Sprinters.
- (b) Long distance runners.
- (c) Boxers.
- (d) Chess players.

(15 × 1 = 15 marks)

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**FIRST SEMESTER B.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2021**

B.P.Ed.

CC 102—ANATOMY AND PHYSIOLOGY

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

1. Describe the various types of tissues.

Or

With the help of a diagram explain the structure of heart. Give a short note on systemic and pulmonary circulation.

(15 marks)

2. Define Blood. Write the functions of blood and composition of blood.

Or

Explain the structural classification of muscles.

(15 marks)

3. Describe the mechanism of respiration.

Or

Explain the structure and functions of kidney with a neat diagram.

(15 marks)

4. Write short note on any *three* :

- (a) Balanced diet.
- (b) Classification of joints.
- (c) Classification of nervous system.
- (d) Human digestive system.

(3 × 5 = 15 marks)

Turn over

Answer any *fifteen* :

1. A condition in which bones become weak and brittle is known as :
 - (a) Hyperplasia.
 - (b) Anemia.
 - (c) Leukemia.
 - (d) Osteoporosis.
2. Relaxation of the atria and ventricle is known as :
 - (a) Heart murmur.
 - (b) Diastole.
 - (c) Systole.
 - (d) Tidal volume.
3. Sprain is an injury to :
 - (a) Bone.
 - (b) Muscle.
 - (c) Ligament.
 - (d) Tendon.
4. Which of the following is a hard tissue ?
 - (a) Ligament.
 - (b) Tendon.
 - (c) Bone.
 - (d) Cartilage.
5. In which of the following, does the reaction of energy synthesis take place ?
 - (a) Cell.
 - (b) Mitochondria.
 - (c) Nucleus.
 - (d) Cell wall.
6. The main function of WBC is to _____.
 - (a) Remove dead cells.
 - (b) Transport substances.
 - (c) Increase blood circulation.
 - (d) Fight against infection.
7. What is the percentage of water in human body ?
 - (a) 60 %.
 - (b) 70 %.
 - (c) 80 %.
 - (d) 50 %.
8. Sliding filament theory of muscle contraction is given by :
 - (a) Darwin.
 - (b) Newton.
 - (c) Piaget.
 - (d) Huxley.
9. Elbow joint is an example of :
 - (a) Hinge joint.
 - (b) Saddle joint.
 - (c) Synovial joint.
 - (d) Pivot joint.

10. Male sex hormone is :
- (a) Adrenalin. (b) Estrogen.
(c) Testosterone. (d) Noradrenalin.
11. Buccal digestion takes place in :
- (a) Stomach. (b) Mouth.
(c) Intestine. (d) Liver.
12. Central nervous system consists of :
- (a) Brain and spinal column. (b) Axon and dendrites.
(c) Ribs and vertebral column. (d) Brain and neurons.
13. Diabetes is caused by the deficiency of :
- (a) Fructose. (b) Insulin.
(c) Sugar. (d) Protein.
14. Pulmonary veins drains blood into :
- (a) Left atrium. (b) Right atrium.
(c) Right ventricle. (d) Left ventricle.
15. Example of synovial joint is :
- (a) Knee joint. (b) Shoulder joint.
(c) Suture. (d) Inter vertebral disc.
16. Muscles which cause the joints to bend are called :
- (a) Flexors. (b) Adductors.
(c) Abductors. (d) Extensor.
17. Pituitary gland produces :
- (a) Testosterone. (b) ACTH.
(c) GH. (d) FSH.
18. Blood gets oxygenated in :
- (a) Muscles. (b) Nerves.
(c) Heart. (d) Lungs.

**FIRST SEMESTER B.PEd DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2021**

B.PEd.

CC 101—HISTORY PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION
(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

1. Explain the importance of sports psychology in the field of Physical Education.

Or

Define learning and different types of learning

(15 marks)

2. Discuss the sports development in India after Independence

Or

Explain the historical development of Physical Education in India

(15 marks)

3. Discuss the misconception and controversies on the name of Physical Education.

Or

Justify the importance of physical education in the school curriculum.

(15 marks)

4. Write short notes on :

(i) All India Council of Sports.

(ii) Sports Authority of India.

(iv) National Sports Awards.

(15 marks)

5. Answer any 15 :

1. What is the aim of Physical Education ?

(a) Physical development.

(b) Overall development of an individual.

(c) Growth and development.

(d) All of the above.

Turn over

- 2 Who among the following started the custom of carrying the flaming torch from Athens to the site of Olympic Games ?
- (a) Adolf Hitler. (b) King George - 1.
(c) Plato. (d) Aristotle.
- 3 What was "Thakshila" in ancient times famous for ?
- (a) Sham battles. (b) Horse Riding.
(c) Archery training. (d) Chariot Racing.
- 4 First modern Olympic games were held in the year _____.
- (a) 1896. (b) 1900.
(c) 1904. (d) 1908.
- 5 Who postulated the surplus energy theory of play ?
- (a) Patricks. (b) Lumley.
(c) Spencer and Schiller. (d) G. Stanley Hall.
- 6 Which theory of play maintains that "past is the key to play" ?
- (a) Instinct Theory. (b) Inheritance or Recapitulation theory.
(c) Self Expression theory. (d) Recreation theory.
- 7 The physical growth of child is most rapid :
- (a) Upto 3 years. (b) Between 5 to 10 years.
(c) Between 10-15 years. (d) Between 20-25 years.
- 8 Which of the following refer to Asthenic body type ?
- (a) Short thick. (b) Muscular.
(c) Lean, shallow chested. (d) Abnormal bodies.
- 9 The city of Olympia is in :
- (a) Rome. (b) Greece.
(c) Germany. (d) Italy.
- 10 The first Asian games were held at :
- (a) India. (b) China.
(c) Japan. (d) Korea.

- 11 The highest award given to Sports coaches in India is :
- (a) Arjuna award. (b) Dhronacharya award :
(c) Khel Ratna. (d) Ati Vashisth Jyothi.
- 12 National game of India is :
- (a) Cricket. (b) Football.
(c) Hockey. (d) Tennis.
- 13 Which of the following is also called cognitive learning ?
- (a) Mental learning. (b) Affective learning.
(c) Motor learning. (d) Conceptual learning.
- 14 Which philosophy of Education defines teacher as a role model of students ?
- (a) Idealism. (b) Naturalism.
(c) Humanism. (d) Pragmatism.
- 15 Which place in Greece developed into an institution where people engaged in Physical activity ?
- (a) Athens. (b) Olympia.
(c) Palaestra. (d) Rome.
- 16 Which age is determined by signs of puberty ?
- (a) Chronological age. (b) Anatomical age.
(c) Physiological age. (d) Mental age.
- 17 The growth of females is more rapid than boys in _____.
- (a) 6-10 years. (b) 13-19 years.
(c) 19-25 years. (d) Above 25 years.
- 18 Which organization leads the Olympic movement within each country ?
- (a) NOC. (b) IOC.
(c) IFC. (d) NGB.

(15 marks)

SECOND SEMESTER B.P.Ed. DEGREE EXAMINATION, APRIL 2020

B.P.Ed.

EC 202—SPORTS NUTRITION AND WEIGHT MANAGEMENT

Time : Three Hours

Maximum : 75 Marks

Answer any **one** question from question number I to III in detail not exceeding **three** pages.
Each question carries 15 marks.

I. 1 What is Nutrition ? What all factors need to be considered while developing nutrition plan.

Or

2 Describe weight management. Design a diet plan and exercise program for weight loss for adolescents.

II. 1 Classify nutrients and their functions in our body.

Or

2 Explain Obesity. What are the practical ways to prevent and manage Obesity ?

III. 1 Explain the role of Carbohydrates, Fat and Protein during exercise.

Or

2 Describe in detail the Need and Importance of Nutrition in Sports.

(3 × 15 = 45 marks)

IV. Write short notes on any *three* of the following. Each question carries 5 marks :

1 Healthy Life Style.

2 Balance Diet.

3 Body Mass Index.

4 Energy balance.

(3 × 5 = 15 marks)

V Answer any *fifteen* of the following. Each question carries 1 mark.

1 One gram of fat gives :

(a) 9 Cal.

(b) 4 Cal.

(c) 8 Cal.

(d) 10 cal.

2 Which of the following is a body building food ?

(a) Egg.

(b) Vegetables.

(c) Fruits.

(d) Cereals.

Turn over

- 3 What is the recommended level of salt per day for a healthy adult ?
- (a) 5 gm. (b) 10 gm.
(c) 15 gm. (d) 20 gm.
- 4 What is the daily calorie need of a normal adult female ?
- (a) 3000 cal (b) 1500 cal
(c) 2000 cal (d) 2500 cal
- 5 What is the recommended level of water intake for a healthy adult male ?
- (a) 1 - 2 litres. (b) 3 - 4 litres.
(c) 4 - 5 litres. (d) 6 - 7 litres.
- 6 Night blindness is caused by deficiency of :
- (a) Vitamin C. (b) Vitamin D
(c) Vitamin A. (d) Vitamin E.
- 7 The best biological source of protein is :
- (a) Egg White. (b) Milk.
(c) Curd. (d) Peas.
- 8 Formulae for calculating BMI is :
- (a) $Wt \text{ in kg./Height in meter}^2$. (b) $Height \text{ in meter}^2/Wt \text{ in kg.}$
(c) $Wt \text{ in kg./Height in Cm.}$ (d) $Wt \text{ in gm./Height in meter.}$
- 9 Sport drinks are generally divided into :
- (a) 2 types. (b) 3 types.
(c) 4 types. (d) 5 types.

- 10 A BMI score of _____ is generally considered Obese.
- (a) 20 or more. (b) 25 or more.
(c) 30 or more. (d) 40 or more.
- 11 1 Kg. of Body fat is equivalent to :
- (a) 7,700 calories (b) 3,500 calories.
(c) 6,000 calories (d) 5,500 calories.
- 12 As per WHO, adults aged 18-64 should do _____ minutes of moderate intensity exercise throughout the week to stay healthy.
- (a) 150 minutes. (b) 200 minutes.
(c) 100 minutes. (d) 250 minutes.
- 13 Recommended Dietary Allowance for protein is :
- (a) 1 grams per kg of body. (b) 2 grams per kg of body.
(c) 0.6 grams per kg of body. (d) 0.8 grams per kg of body.
- 14 The maximum Heart Rate (HRmax) of a 20 year old will be :
- (a) 210. (b) 200.
(c) 180. (d) 220.
- 15 The correct order of doing physical activity for health benefits is :
- (a) Warm up-main part-cool down.
(b) Cool down-warm up-main part.
(c) Main part -warm up - cool down.
(d) Cool down main part-warm up.
- 16 What is the normal count of Total Cholesterol ?
- (a) Below 400. (b) Below 300.
(c) Below 100. (d) Below 200.

17 The most natural way to get enough Vitamin D is :

- (a) Drink plenty of milk.
- (b) Expose bare skin to sunlight.
- (c) Eat lot of Carrot.
- (d) Do regular exercise.

18 The continuous and passive partial contraction of muscles are known as :

- (a) Muscle Cramp.
- (b) Muscle Pull.
- (c) Muscle twitch.
- (d) Muscle Tone.

(15 × 1 = 15 marks)

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SECOND SEMESTER B.P.Ed. DEGREE EXAMINATION, APRIL 2020

B.P.Ed.

EC 201—CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

Time : Three Hours

Maximum : 75 Marks

Answer any **one** question from question number I to III in detail not exceeding **three** pages.

Each question carries 15 marks.

I. 1 What is Physical Education ? Explain its aim and Objectives.

Or

2 Define wellness. Describe the significance of wellness in today's world.

II. 1 What are hypo kinetic diseases ? Write the prevention and management measures Coronary heart disease and hypertension.

Or

2 Explain the safety measures to be followed in daily life.

III. 1 Write in detail about health related fitness and performance related fitness and its components.

Or

2 Physical activity has numerous health benefits. Explain with illustrations.

(3 × 15 = 45 marks)

IV. Write short notes on any *three* of the following. Each question carries 5 marks :

1 Scope of fitness.

2 Modern Lifestyle.

3 First Aid.

4 Flexibility.

(3 × 5 = 15 marks)

V. Answer any *fifteen* of the following. Each question carries 1 mark :

1 What is a Sprain ?

a) Muscle Injury.

b) Ligament Injury.

c) Bone Injury.

d) Eye Injury.

Turn over

- 2 Which of the following is Health related fitness component ?
- a) Muscular Endurance.
 - b) Agility.
 - c) Explosive Strength.
 - d) Reaction speed.
- 3 What does CHD stands for ?
- a) Chronic Heart Disease.
 - b) Chest Disease.
 - c) Coronary Heart Disease.
 - d) Common Heart Disease.
- 4 Heart Rate Zone for Low Intensity Exercise :
- a) 50 to 70% of Hrmax.
 - b) 60 to 70 % of Hrmax.
 - c) 40 to 60% of HrmAx.
 - d) 70 to 80% of Hrmax.
- 5 During weight training worked out muscles should ideally be given a rest of :
- a) 12 Hrs.
 - b) 24Hrs.
 - c) 48 Hrs.
 - d) No rest at all.
- 6 In RICE therapy R stands for :
- a) Run.
 - b) Rest.
 - c) Repeat.
 - d) Raise.
- 7 Life style related diabetes is :
- a) Gestational Diabetes.
 - b) Type 1.
 - c) Type 2.
 - d) All of these.
- 8 The ability to overcome maximum resistance is called :
- a) Muscular Endurance.
 - b) Speed.
 - c) Muscular strength.
 - d) Flexibility.
- 9 Which of the following is/are hypokinetic diseases ?
- a) Cancer.
 - b) Obesity.
 - c) Hypertension.
 - d) All of these.
- 10 Which of the following is considered as Aerobic Activity ?
- a) 5 KM Walk.
 - b) 100 mt Sprint.
 - c) Shot Put.
 - d) 200 mt Sprint.

- 11 ABC of First Aid stands for :
- a) Airway, Breathing and Circulation.
 - b) Airway, Breathing, Consciousness.
 - c) Airway, Breathing, Care.
 - d) Airway, Breathing, Control.
- 12 Young girls should improve bone density by doing weight bearing exercise to prevent :
- a) Cancer.
 - b) Osteoporosis.
 - c) Diabetes.
 - d) Hypertension.
- 13 The ability to move your body quickly in relation to time and space is called :
- a) Flexibility.
 - b) Co-ordination.
 - c) Speed.
 - d) Agility.
- 14 In case of fainting the patients should be lied down in supine position and :
- a) Head should be raised.
 - b) Legs should be raised.
 - c) Made to sit.
 - d) Keep lying in supine position.
- 15 Slow continuous run will improve the :
- a) Muscular strength
 - b) Aerobic fitness.
 - c) Co-ordination
 - d) Flexibility.
- 16 Normal systolic pressure is :
- a) 80.
 - b) 120.
 - c) 100.
 - d) 90.
- 17 A state of being healthy, happy and well is called :
- a) Wellness.
 - b) Self actualization.
 - c) Health.
 - d) Contentment.
- 18 World Health Day is observed on :
- a) April 7.
 - b) September 9.
 - c) December 8.
 - d) December 9.

(15 × 1 = 15 marks)

SECOND SEMESTER B.P.Ed. DEGREE EXAMINATION, APRIL 2020

B.P.Ed.

CC 203—ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS

Time : Three Hours

Maximum : 75 Marks

1. Relationship of organization and administration with physical education - explain.

Or

Define budget explain importance steps to be followed making the budget.

2. Explain the need, importance, of purchasing equipment with care and maintenance.

Or

Explain the features of outdoor and indoor facilities for physical education.

3. The planning of the intramural and extramural tournament.

Or

Draw a fixture of 20 Teams special seeding knock out tournament.

(3 × 15 = 45 marks)

4. Write short note on any *three* of the following :

1. Write the need and importance administration.
2. List out the minimum sports facilities required in the schools.
3. Explain the safety in play grounds.
4. Organizing structure of athletic means.

(3 × 5 = 15 marks)

5. Answer any *fifteen* of the following :

1. Effective communication is essential in sports management to keep :

- | | |
|----------------|---------------------|
| a) Dynamic. | b) Characteristics. |
| c) Principles. | d) Foundation. |

2. Process by which good teams are fitted in fixture in such a way so that stronger teams do not meet each other at the onset of the competition :

- | | |
|--------------|------------------|
| a) Byes. | b) Seeding. |
| c) Sampling. | d) Categorizing. |

Turn over

3. Intramural programme creates in students the sense of :
- a) Achievement.
 - b) Involvement.
 - c) Humor.
 - d) Enjoyment.
4. The Perishable equipment is ?
- a) Goal post.
 - b) Kho - kho post.
 - c) Bar.
 - d) Ball.
5. A knock out tournament the number of byes in the lower half can be found out by to formula ?
- a) $n + 1/2$.
 - b) $n (n - 1)/2$.
 - c) $n - 1/2$.
 - d) $n (n + 1)/2$.
6. Which of the following is against the principles of organization ?
- a) Proper decentralization.
 - b) Proper communication.
 - c) Over lapping of authority.
 - d) Delegation of power.
7. Terms administration and management are :
- a) Synonymous.
 - b) Entirely different from each other.
 - c) Somewhat Similar To Each Other.
 - d) All of the above.
8. Number of the following should from the content of curriculum in physical education ?
- a) Rhythmic.
 - b) Apparatus.
 - c) Combative.
 - d) All of the above.
9. It 19 teams participating in a knock out tournament, then the number of byes can be found out in the lower half :
- a) 8 byes.
 - b) 6 byes.
 - c) 7 byes.
 - d) 9 byes.
10. If 8 teams are participating in league tournament then the number of matches can be found out by formula :
- a) $n \times (n - 1)/2$.
 - b) $n - 1/2$.
 - c) $n (n + 1)/2$.
 - d) $n + 1/2$.

11. Knock out cum knock out torments is an example of :
- a) Round robin torments.
 - b) Challenger tournament.
 - c) Elimination tournament.
 - d) Combination tournament.
12. Which of the following factors affecting time - table ?
- a) Number of the students.
 - b) Equipment available.
 - c) Climatic conditions.
 - d) All the above.
13. If the teams are participating in a knock out tournament then the number of byes in a upper half can be found ?
- a) 3 byes.
 - b) 4 byes.
 - c) 2 byes.
 - d) None of these.
14. A knock out tournament the number of byes in the lower half can be found out by to formula ?
- a) $N + 1/2$.
 - b) $N(n - 1)/2$.
 - c) $N - 1/2$.
 - d) $N(n + 1)/2$.
15. The intramural competitions is done on the basic of :
- a) Inter university.
 - b) Inter zonal.
 - c) Zonal.
 - d) Inter house.
16. The function of planning :
- a) Organizing.
 - b) Staffing.
 - c) Directing.
 - d) All of above.
17. The best way of managing physical education programme is :
- a) Autocratic.
 - b) Democratic.
 - c) Laissez-faire.
 - d) Bureaucratic.
18. If 12 teams are participating in a knock out tournament, then the number of matches can be found out by the formula :
- a) $n/2$
 - b) $n + 1$.
 - c) $n - 1$.
 - d) $n \times 2$.

(15 × 1 = 15 marks)

SECOND SEMESTER B.P.Ed. DEGREE EXAMINATION, APRIL 2020

B.P.Ed.

CC—201 YOGA EDUCATION

Time : Three Hours

Maximum : 75 Marks

Answer any **one** question from question number I to III in detail not exceeding **three** pages.

Each question carries 15 marks.

- I. 1 Give the brief write up about the aims and objectives of Yoga in Physical education and sports field.

Or

- 2 What is Yoga sutra ? Discuss general consideration regarding yoga sutra.

- II. 1 Discuss the followings : (a) Raj Yoga ; and (b) Karma Yoga.

Or

- 2 What do you mean by pranayama ? Explain any *three* techniques of pranayama.

- III. 1 Define asana. and explain its types.

Or

- 2 Explain yogic practice and physical exercise. Discuss difference between Yogic practices and Physical exercise

(3 × 15 = 45 marks)

- IV. Write short note on any *three* of the following. Each question carries 5 marks :

- 1 Kapalbhathi and Anulom vilom Pranayama.
- 2 Yoga education.
- 3 Mool Bandha.
- 4 Dhyan and samadhi.

(3 × 5 = 15 marks)

- V. Answer any *fifteen* of the following. Each question carries 1 mark :

- 1 The sanskrit word 'veda' is derived from the root word ?
 - (a) Vid.
 - (b) Yam.
 - (c) Virudha.
 - (d) Vedas.

Turn over

- 2 Who is the father of yoga ?
- (a) Bik Ram. (b) Krishna.
(c) Maharishi patanjali. (d) Gautma buddha.
- 3 The word yoga comes from which language ?
- (a) French. (b) Hindi.
(c) Sanskrit. (d) None of the above.
- 4 Surya namaskar asana is measured to be :
- (a) Harmful exercise.
(b) Hard exercise.
(c) Incomplete exercise for the body.
(d) A complete exercise for the body.
- 5 What is the term for the vital life force energy that exists in every facet of our being and every atom and molecule in nature ?
- (a) Yogis. (b) Prana.
(c) Chakra. (d) Tai Chi.
- 6 What does “yogas chitta vritti nirodha” mean ?
- (a) Yoga is the beginning of the mind.
(b) Yoga is the end of the mind.
(c) Yoga is truth.
(d) Yoga is cessation of the mind.
- 7 Which day is celebrated as ‘International Day of Yoga’ ?
- (a) June 20. (b) June 21.
(c) June 22. (d) June 23.
- 8 Who compiled ‘Yoga Sutra’ ?
- (a) Patanjali. (b) Gheranda.
(c) Svatmarama. (d) None of the above.

- 9 Which is the Sanskrit root (verb form) for the etymological derivation of the word "Yoga" ?
- (a) Yug. (b) Yuge.
(c) Yuj. (d) Yuje.
- 10 Which Upanishad described the 'Shāndilya Vidyā' ?
- (a) Kathopanishad.
(b) Brihadaranyakopanishad.
(c) Aitareyopanishad.
(d) Chhandogyopanishad.
- 11 The Yoga class usually begin with a :
- (a) A Prayer. (b) Suryanamaskār.
(c) Yogic Sūkshma Vyāyāma. (d) Yogāsana.
- 12 Backward bending of Vertebral column occurs during the practice of which asanas ?
- I Bhujangasana.
II Vajrasana.
III Pashchimottanasana.
IV Dhanurasana.
- Use the codes given below for correct answer:
- (a) I and II are correct. (b) II and IV are correct.
(c) I and IV are correct. (d) II and III are correct.
- 13 The length of Vastra Dhauti according to Hatha Pradeepika is :
- (a) 7½ ft. (Approximate).
(b) 15 ft. (Approximate).
(c) 22½ ft. (Approximate).
(d) 26 ft. (Approximate).
- 14 Yoga has eight components, also known as the eight fold path of life — Niyama, Asana, Pranayama, Dhyana, Samadhi are five of them. Which are the other three?
- (a) Savichar, Santosa, Tapas.
(b) Asteya, Aparigraha, Brahmacharya.
(c) Ananda, Asmita, Aachaar.
(d) Yama, Dharana, Pratyahara.

15 One of the simple yet powerful relaxation technique is ———.

- (a) Running. (b) Pranayam.
(c) Stretching. (d) Jumping.

16 Which of the following is the Yoga of self-transcending action ———.

- (a) Karma. (b) Hatha.
(c) Jnana. (d) Bhakti.

17 Which of the following is the Yoga of physical discipline ———.

- (a) Jnana. (b) Hatha.
(c) Raja. (d) Bhakti.

18 Padma asana is a :

- (a) Meditative asana. (b) Corrective asana.
(c) Relaxation. (d) None of the above.

(15 × 1 = 15 marks)

**SECOND SEMESTER B.P.Ed. DEGREE
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021**

EC 202—SPORTS NUTRITION AND WEIGHT MANAGEMENT

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

I. Define hypokinetic diseases. Explain the type of hypokinetic diseases seen in India.

Or

Write a detail account on the role of nutrition in sports.

II. Exercise and nutrition are integral components of health and healthy lifestyle. Justify.

Or

Define Sports nutrition. Explain the components of nutrition in detail.

III. Write a detailed role on macro nutrients and micro nutrients.

Or

Define BMI. Classify obesity on the basis of BMI.

(3 × 15 = 45 marks)

IV. Write short notes on any *three* of the following. Each question carries 5 marks :

1 Balanced diet.

2 Role of hydration during exercise.

3 Malnutrition.

4 Weight management programs for a sporty child.

(3 × 5 = 15 marks)

V. Answer any *fifteen* of the following. Each question carries 1 mark :

1 The building blocks of protein is :

(a) Fatty acid.

(b) Amino acid.

(c) Citric acid.

(d) Lipids.

2 Fuel used by the body while doing the exercise of severe intensity is _____.

(a) Protein.

(b) Minerals.

(c) Carbohydrates.

(d) Carbohydrate and fat.

3 Fatty acids are stored in the :

(a) Adipose tissue.

(b) Nervous tissue.

(c) Connective tissue.

(d) Epithelial tissue.

Turn over

- 4 Total number of vitamins required by the human body is :
- (a) 10. (b) 12.
(c) 18. (d) 13.
- 5 Vitamin K is essential for :
- (a) Metabolism of the body. (b) Normal coagulation of blood.
(c) Prevention of disease. (d) Nourishment of the body.
- 6 Faulty bone development among children is caused due to _____.
- (a) Scurvy. (b) Rickets.
(c) Beri beri. (d) Typhoid.
- 7 Which of the following minerals is responsible for body growth and keeping the body healthy ?
- (a) Vitamin C. (b) Vitamin D.
(c) Vitamin E. (d) Vitamin B complex.
- 8 Which of the following minerals keeps brain, nails and hair healthy ?
- (a) Calcium. (b) Phosphorus.
(c) Potassium. (d) Sulfur.
- 9 The chief source of vitamin A is :
- (a) Carrot. (b) Guava.
(c) Egg. (d) Banana.
- 10 Ascorbic acid is also known as :
- (a) Vitamin D. (b) Vitamin C.
(c) Vitamin E. (d) Vitamin K.
- 11 Deficiency of iodine causes :
- (a) Scurvy. (b) Goiter.
(c) Small pox. (d) Cancer.
- 12 Sunlight is a source of Vitamin _____.
- (a) Vitamin A. (b) Vitamin B.
(c) Vitamin C. (d) Vitamin D.
- 13 Carbohydrate loading mostly helps _____.
- (a) Boxers. (b) Sprinters.
(c) Power lifters. (d) Marathon runners.

- 14 Deficiency of protein results in :
- (a) Gout. (b) Marasmus.
(c) Hypertension. (d) Anemia.
- 15 Which of the following is water soluble vitamin ?
- (a) A. (b) D.
(c) E. (d) C.
- 16 Accumulation of lactic acid in the muscle _____.
- (a) Improves body's efficiency.
(b) Leads to fatigue.
(c) Does not have any effect on the body.
(d) Lead to obesity.
- 17 Which one is micro nutrient ?
- (a) Carbohydrates. (b) Protein.
(c) Vitamins. (d) Fat.
- 18 What would be the BMI (in kg./m.^2) of a person with weight 54 kg. and height 157 cm. ?
- (a) 30.23. (b) 21.90.
(c) 23.78. (d) 22.75.

(15 × 1 = 15 marks)

SECOND SEMESTER B.P.Ed. DEGREE
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021

EC 201—CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,
FITNESS AND WELLNESS

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

- I. 1 Define Physical Education, fitness and wellness. Write down the aims and objectives of Physical Education.

Or

- 2 Explain the concept of physical fitness and wellness.

- II. 1 Explain the concept of defining different fitness training program for different age group.

Or

- 2 Define hypo-kinetic disease. Write note on any five hypo-kinetic diseases and its management.

- III. 1 Distinguish between aerobic exercise and anaerobic exercise. Write down the importance of aerobic and anaerobic exercise in detail.

Or

- 2 Explain in detail the factors to be considered for developing a nutritional plan.

(3 × 15 = 45 marks)

- IV. Write short notes on any *three* of the following. Each question carries 5 marks :

- 1 First aid and principles of first aid.
- 2 Sports injuries.
- 3 Resistance training.
- 4 Benefits of physical activity.

(3 × 5 = 15 marks)

- V. Answer any *fifteen* of the following. Each question carries 1 mark :

- 1 YMCA was established in the year :

(a) 1932.

(b) 1984.

(c) 1920.

(d) 1896.

Turn over

- 2 Which of the following is not a hypokinetic disease ?
- (a) Obesity. (b) Diabetes.
(c) Cancer. (d) Hypertension.
- 3 Osteoporosis is associated with :
- (a) Bones. (b) Muscles.
(c) Ligaments. (d) Tendons.
- 4 NIS established on the year :
- (a) 1964. (b) 1912.
(c) 1954. (d) 1961.
- 5 National Sports day is celebrated on :
- (a) 28th August. (b) 15th October.
(c) 21st June. (d) 29th August.
- 6 Carbohydrate loading is essential to increase :
- (a) Speed. (b) Strength.
(c) Flexibility. (d) Endurance.
- 7 _____ is the stretch or tear of a ligament.
- (a) Strain. (b) Sprain.
(c) Osteoporosis. (d) Contusion.
- 8 Most common injury of a Basketball player is _____.
- (a) Ankle injury. (b) Eye injury.
(c) Hip injury. (d) Head injury.
- 9 _____ is the movement out of normal position of the bones of a joint.
- (a) Contusion. (b) Abrasion.
(c) Dislocation. (d) Fracture.
- 10 Which of the following is a hard tissue :
- (a) Tendon. (b) Bone.
(c) Muscle. (d) Cartilage.
- 11 Arjuna Award started in the year _____.
- (a) 1976. (b) 1983.
(c) 1961. (d) 1997.

- 12 Deficiency of Vitamin D causes :
- (a) Bery beri. (b) Rickets.
(c) Night blindness. (d) Survey.
- 13 Cryo therapy is also known as :
- (a) Hot therapy. (b) Cold therapy.
(c) Wax therapy. (d) Water therapy.
- 14 Interval training is best for improving :
- (a) Speed. (b) Endurance.
(c) Flexibility. (d) Strength.
- 15 During heavy exercise the supply of blood increases towards _____.
- (a) Brain. (b) Skeletal muscle.
(c) Kidney. (d) Skin.
- 16 _____ is an ability to overcome a resistance or to act.
- (a) Speed. (b) Endurance.
(c) Flexibility. (d) Strength.
- 17 National Fitness Corps was introduced in _____.
- (a) 1920. (b) 1966.
(c) 1965. (d) 1966.
- 18 Fatty acids are stored in the _____.
- (a) Adipose tissue. (b) Bones.
(c) Cartilages. (d) Upper most layer.

(15 × 1 = 15 marks)

**SECOND SEMESTER B.P.Ed. DEGREE
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021**

CC 203—ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

*Answer any one question from Questions I to III in detail not exceeding three pages.
Each question carries 15 marks..*

I. Explain the organization and administration in Physical Education.

Or

Explain the basic principal of programme planning in Physical Education.

II. Briefly explain the function and types of office management.

Or

List down the records and registers to be maintained in the department of Physical Education—Explain.

III. Criteria of good budget—Explain.

Or

Organization structure of athletic meet.

(3 × 15 = 45 marks)

IV. Write short notes on any *three* of the following. Each question carries 5 marks :

1 Staffing.

2 Communicating.

3 Co-ordination.

4 (i) Explain the kinds of office management.

(ii) Explain the care and maintenance of play fields.

(iii) Write importance of tournament.

(3 × 5 = 15 marks)

V. Answer any *fifteen* of the following. Each question carries 1 mark :

1 Effective communication is essential in sports management to keep :

(a) Dynamic.

(b) Characteristics.

(c) Principles.

(d) Foundation.

Turn over

- 2 Which of the following is against the principles of organization ?
- (a) Proper decentralization. (b) Proper communication.
(c) Over lapping of authority. (d) Delegation of power.
- 3 Intramural programme creates in students the sense of :
- (a) Achievement. (b) Involvement.
(c) Humor. (d) Enjoyment.
- 4 Terms administration and management are :
- (a) Synonymous.
(b) Entirely different from each other.
(c) Somewhat similar to each other.
(d) All of the above.
- 5 If 19 teams are participating in a knock out tournament, then the number of byes can be found out in the lower half :
- (a) 8 byes. (b) 6 byes.
(c) 7 byes. (d) 9 byes.
- 6 If 8 teams are participating in league tournament then the number of matches can be found out by formula :
- (a) $n \times (n - 1)/2$. (b) $n - 1/2$.
(c) $n(n + 1)/2$. (d) $n + 1/2$.
- 7 Knock out cum knock out tournaments is an example of :
- (a) Round robin tournaments. (b) Challenger tournament.
(c) Elimination tournament. (d) Combination tournament.
- 8 Which of the following factors affecting time-table :
- (a) Number of the students. (b) Equipment available.
(c) Climatic conditions. (d) All the above.
- 9 Number of the following should form the content of curriculum in Physical Education ?
- (a) Rhythmic. (b) Apparatus.
(c) Combative. (d) All of the above.
- 10 If 10 teams are participating in a league tournament the number of matches can be found out :
- (a) 45 matches. (b) 40 matches.
(c) 35 matches. (d) 42 matches.

- 11 Getting the right facts to the right people at right time in the right way is called :
- (a) Game management. (b) Public relation in sports.
(c) Motivation for sports. (d) Leadership in sports.
- 12 The basic functions of the management are :
- (a) Planning and organization.
(b) Directing and programme development.
(c) Personal management and financial.
(d) All of the above.
- 13 Which of the following is the first step in a sports programme ?
- (a) Directing. (b) Staffing.
(c) Planning. (d) Budgeting.
- 14 Ladder tournament is a type of :
- (a) League tournament. (b) Knock out tournament.
(c) Combination tournament. (d) Challenge tournament.
- 15 League cum knock out tournament is an example of :
- (a) Elimination tournament. (b) League tournament.
(c) Challenge tournament. (d) Combination tournament.
- 16 All the technical arrangement are complete conformity with IAAF technical rules by :
- (a) Marshall. (b) Organizational.
(c) Technical delegate. (d) Jury of appeal.
- 17 The technical manager is :
- (a) Referee. (b) Chief judge.
(c) Chief umpire. (d) Management official.
- 18 If 20 teams are participating in a special seeding then the number of the quarter can be found is :
- (a) 6. (b) 8.
(c) 4. (d) 2.

(15 × 1 = 15 marks)

**SECOND SEMESTER B.P.Ed. DEGREE
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021**

CC 202—EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL
EDUCATION

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

*Answer any one question from Questions I to III in detail not exceeding three pages.
Each question carries 15 marks.*

- I. 1 Explain term "Education Technology". Briefly explain the various teaching devices used for the learning process in Physical Education.
- Or*
- 2 Define "Education". Discuss the various types of education.
- II. 1 Write a detail note on teaching techniques in Physical Education and Sports.
- Or*
- 2 List out various teaching aids and explain in detail.
- III. 1 Define Lesson plan. Explain the types and principles of the lesson plan.
- Or*
- 2 Differentiate on teaching procedure and describe the types of command and its uses in a different situation.
- (3 × 15 = 45 marks)
- IV. Write short notes on any *three* of the following. Each question carries 5 marks :
- 1 Note on micro-teaching.
 - 2 Advantages of team teaching.
 - 3 Personal and technical preparation.
 - 4 Methods of teaching in Physical Education.
- (3 × 5 = 15 marks)
- V. Answer any *fifteen* questions of the following. Each question carries 1 mark :
- 1 The goal of teaching is :
 - (a) To involve students in activities.
 - (b) To give information.
 - (c) Desirable change in behaviour.
 - (d) To impact knowledge.

Turn over

- 2 Who is known as the 'father of modern education' ?
- (a) Newton. (b) Ivan Pavlov.
(c) John Amos Comenius. (d) Herbert Spencer.
- 3 Which of the following is not a characteristics of a good lesson plan ?
- (a) Linked with previous topics.
(b) Written neatly.
(c) Excluding suitable learning activities.
(d) Should be stated more specific.
- 4 Students are passive in :
- (a) Lecture method. (b) Project method.
(c) Discovery method. (d) Whole part method.
- 5 Which is not true about project method :
- (a) It is accomplished in real life.
(b) It is a purposeful activity.
(c) It is a teacher-centred activity.
(d) It has proceeded in the social environment.
- 6 Which of the following is not a visual teachig aid ?
- (a) Blackboard. (b) Radio.
(c) Chart. (d) Model.
- 7 What is the time of presentation in micro-teaching ?
- (a) 1-5 minutes. (b) 5-10 minutes.
(c) 10-15 minutes. (d) 15-20 minutes.
- 8 What is the first step in the project method of teaching ?
- (a) Distribution of work. (b) Planning.
(c) Determination of activities. (d) Determination of objectives.
- 9 Duration of lessons in macro-lesson plans is :
- (a) 35-45 minutes. (b) 20-30 minutes.
(c) 10-20 minutes. (d) 5-10 minutes.
- 10 Which is not true about lesson plan ?
- (a) It develops confidence.
(b) It helps in orderly delving of contents.
(c) It saves from haphazard teaching.
(d) It is developed by students.

- 11 The teacher performs practically and explains in :
- (a) Problem solving method. (b) Demonstration method.
(c) Discovery method. (d) Lecture method.
- 12 _____ is a general term for education that can occur outside of a structured curriculum.
- (a) Formal education. (b) Informal education.
(c) Non-formal education. (d) Physical education.
- 13 Micro-teaching focuses on the competency over :
- (a) Skills. (b) Method.
(c) Contents. (d) None of the above.
- 14 Which of the following is the centre focus of a lesson plan ?
- (a) Student. (b) Principal.
(c) Teacher. (d) None of the above.
- 15 Which is not the advantage of team teaching ?
- (a) Better utilization of resources.
(b) Better financial benefits of teachers.
(c) Better use of learning techniques.
(d) Better planning.
- 16 The use of technology to enhance the learning process is called _____ in education.
- (a) Communication technology. (b) IT.
(c) ICT. (d) Education technology.
- 17 _____ is a technique for learning in which the material is learned as a whole on each practice or repetition.
- (a) Whole method. (b) Whole-part-whole method.
(c) Imitation method. (d) Demonstration method.
- 18 Which is more suitable in the teaching of physical education ?
- (a) Lecture method. (b) Demonstration method.
(c) Discussion method (d) All of the above.

(15 × 1 = 15 marks)

**SECOND SEMESTER B.P.Ed. DEGREE
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021**

CC 201—YOGA EDUCATION

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

*Answer any one question from Questions I to III in detail not exceeding three pages.
Each question carries 15 marks..*

- I. 1 Explain Yogic concept of human body and describe cause and suggested practices for obesity.
Or
2 Define Yoga, explain origin and various streams. (15 marks)
- II. 1 Explain the objectives and importance of yoga in the field of sports and physical education.
Or
2 Explain how yogic practices develop effectively for personality dimensions. (15 marks)
- III. 1 Describe in detail the eight limbs of yoga.
Or
2 Explain pranayama. Write the technique or procedure for practicing pranayama (15 marks)
- IV. Write short notes on any *three* of the following. Each question carries 5 marks :
1 Pranayama. 2 Yama and Niyama.
3 Yoganidra. 4 Prathyahara. (3 × 5 = 15 marks)
- V. Answer any *fifteen* of the following. Each question carries 1 mark :
1 The Sanskrit word “Yuj” means :
(a) Soul. (b) Body.
(c) Join. (d) Mind.
2 Name the asana which helps to cure the lower back problems :
(a) Padmasana. (b) Vajrasana.
(c) Bhujangasana (d) Janusirasana.

Turn over

- 3 What is the third limbs of yoga ?
- (a) Yama. (b) Niyama.
(c) Pranyam. (d) Asana.
- 4 The end of the sadhaka is known as :
- (a) Yama. (b) Samadhi.
(c) Vinyasa. (d) Asana.
- 5 The best time of practicing yogasana :
- (a) Night. (b) Late in Evening.
(c) Early morning. (d) Midnight.
- 6 Basic standing posture or asana known as :
- (a) Mathyasana. (b) Tadasna.
(c) Padmasana. (d) Shavasna.
- 7 Out of the following which one is not an astanga-yoga :
- (a) Yama. (b) Niyama.
(c) Pranayama. (d) Dhouti.
- 8 How many pranic activities are there in pranayama :
- (a) Two. (b) Three.
(c) Five. (d) Six.
- 9 Raja yoga is the yoga of controlling our :
- (a) Sense of organ. (b) Organs of action.
(c) Mind. (d) Our emotions.
- 10 Which is not the three guna ?
- (a) Sattva. (b) Rajas.
(c) Tamas. (d) Ekargra.
- 11 Stress hormone ?
- (a) Insulin. (b) Melatonin.
(c) Cortisol. (d) Thyroxin.
- 12 Which day celebrated as 'International day of yoga' ?
- (a) June 20. (b) July 21.
(c) June 21. (d) July 22.

- 13 Who compiled 'yoga stura' ?
- (a) Gheranda. (b) Pathanjali.
(c) Iyer. (d) None of the above.
- 14 Purpose of yoga as taught by the ancients is to attain :
- (a) Perfect health. (b) Peace of mind.
(c) Stress relief. (d) Self realization.
- 15 Backward bending of vertebral column occurs during the practice which asana ?
- (a) Vajrasana. (b) Padmasana.
(c) Bhujagasana. (d) Padahasthsana.
- 16 When did the UN General Assembly announce 21st June as the International Yoga day ?
- (a) 21st June 2014. (b) 11th December 2014.
(c) 11th June 2014. (d) 12th June 2014.
- 17 Which of these is a Kriya ?
- (a) Kapalbhathi. (b) Bhastrika.
(c) Ujjayi. (d) Nadishodhna.
- 18 Which of the following is a balancing yoga posture ?
- (a) Hasta padasana. (b) Ushtrasana.
(c) Natrajasana. (d) Ardhamathyasan.

(15 × 1 = 15 marks)