

B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education

**TEST AND MEASUREMENT AND STATISTICS IN
PHYSICAL EDUCATION AND SPORTS**

(CBCS—2008 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define “Measurement”.
2. Write the meaning of Evaluation.
3. Define “Motor Fitness”.
4. List down the test items in AAHPERD Motor Fitness Test.
5. List down the test items in Johnson Basketball Ability Test.

6. Explain Dyer Tennis Test.
7. Meaning of Statistics.
8. Define “Attributes”.
9. Define “Mean” and its uses.
10. Define “Median” and its uses.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

All questions carry equal marks.

11. (a) Explain the importance of Tests.

(Or)

- (b) Explain the Performance related fitness test.

12. (a) Explain Kraus Weber strength test.

(Or)

(b) Explain HARVARD Step Test.

13. (a) Explain French Short Serve Badminton Test.

(Or)

(b) Explain Mor Christian Football Ability Test.

14. (a) Explain the need for statistics in physical education.

(Or)

(b) Describe frequency distribution and draw a frequency Polygon.

15. (a) Calculate mean, median and mode from the following score.

10, 9, 8, 5, 2,

(Or)

- (b) Calculate Standard Deviation from the following score.

45, 42, 40, .38, 35,

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain the criteria of a good test.

17. Define posture and explain New York Posture test.

18. Explain Rusell's Lange Volleyball Test.

19. Calculate Mean from the following score :

30 – 34 2

25 – 29 2

20 – 24 6

15 – 19 6

10 – 14 4

5 – 9 1

20. Calculate Quartile Deviation from the following data :

195 – 199	1
190 – 194	2
185 – 189	4
180 – 184	5
175 – 179	8
170 – 174	10
165 – 169	6
160 – 164	4
155 – 159	4
150 – 154	2
145 – 149	3
140 – 144	1

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B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Bachelor of Physical Education

SPORTS TRAINING AND BIOMECHANICS

(CBCS—2008 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define Sports Training.
2. Define Overload.
3. Explain Warming up.
4. Explain special fitness.
5. Define Stability.
6. Meaning of Biomechanics.

7. What are the types of motion ?
8. Explain Centre of Gravity.
9. What is the mechanical advantages of lever ?
10. Explain Spin.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

All questions carry equal marks.

11. (a) Explain the tasks of sports training.

(Or)

- (b) Explain the adaptation of load.

12. (a) Explain circuit training.

(Or)

(b) Explain Plyometric training.

13. (a) Describe the importance of biomechanics.

(Or)

(b) Explain the factors that determine stability.

14. (a) Explain centrifugal and centripetal force.

(Or)

(b) Explain the law of gravitation.

15. (a) Define friction and explain its application in the field of sports.

(Or)

(b) Explain the principle of air resistance.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain various principles of Sports Training.

17. Define strength and explain how will you improve strength.

18. Explain the role of Mechanical principles in improving the performance of athletes.

19. Define Newton's law of motion and its application in sports and games.

20. Define lever and explain the types of lever with examples from sports and game.

B.P.Ed. DEGREE EXAMINATION, APRIL 2011**Physical Education****RULES AND OFFICIATING OF GAMES AND
TRACK AND FIELD**

(CBCS—2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Write down the measurements of Backboard in Basket ball.
2. State the specifications of Badminton net.
3. Write shortnotes on Kho-Kho post.
4. Write down the dimension of softball Diamond.
5. Mention the events of Decathlon and Heptathlon.
6. Write down the specifications of Javelin for men.

7. Comment on '24 seconds rule' in Basketball.
8. Mention various 'outs' in cricket.
9. Write down the situations to award '9 metres' throw in Handball.
10. State various commands in sport sprint start.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

All questions carry equal marks

11. (a) Explain the measurement of basketball ring with neat diagram.

(Or)

- (b) Explain the situations to award penalty kick in football.

12. (a) Describe the follow on method in Kho-Kho.

(Or)

- (b) Explain the 'rotation' in volleyball.

13. (a) How will you measure the distance in long jump and high jump?

(Or)

(b) How will you break the 'tie' for first place in pole vault competition?

14. (a) Explain the duties of various officials in the game of Handball.

(Or)

(b) Explain the procedures to mark 'double arc' starting point for 5000m race.

15. (a) List down the explain the situations to award penalty corner and penalty stroke in Hockey.

(Or)

(b) For a valid jump what are the rules to be followed in Triple jump competition.

Part C

(3 × 10 = 30)

Answer any **three** questions

All questions carry equal marks

16. Draw a neat diagram of Basketball court with correct measurements.
17. Diagrammatically explain the measurements of Kho-Kho court.
18. Explain the procedures to mark different exchange zones for 4 × 100mts relay race.
19. Analyse various fouls and misconducts in the game of football.
20. Prepare a Model score sheet for Track and field events.

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RW-6628

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B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education

**ELECTIVE : HEALTH EDUCATION, ATHLETIC
INJURIES AND FIRS TAID**

(CBCS—2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Aims of health education
2. International health agencies
3. AIDS
4. Chicken Pox
5. Contusion
6. Achilles tendon

7. Water pollution
8. Tobacco and health
9. Infrared rays
10. Contrasts bath

Part B

(5 × 5 = 25)

Answer **all** questions. Choosing either (a) or (b)

All questions carry equal marks

11. (a) Write the scope of health education

(Or)

- (b) Explain the school health programme.

12. (a) Explain the types of immunizing agents.

(Or)

- (b) Describe the causes and types of infection.

13. (a) Suggest techniques to prevent sports injuries.

(Or)

(b) Explain the open soft tissue injury.

14. (a) Discuss the influence of land pollution on health.

(Or)

(b) Describe the effects of alcohol on health.

15. (a) Explain the classification of therapeutic modalities.

(Or)

(b) Give an account on effects of massage.

Part C

(3 × 10 = 30)

Answer any **three** questions

All questions carry equal marks

16. Describe the healthful school environment and health programme schemes.

17. Explain the symptom, prevention and treatment of tuberculosis and polio.
18. Give detailed account on specific injuries related to tennis.
19. Discuss the classification of drugs. Explain the effects of drugs and doping on health.
20. Explain electrotherapy and its significance.

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RW-6629

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B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Bachelor of Physical Education

**HISTORY PRINCIPLES AND FOUNDATIONS OF
PHYSICAL EDUCATION**

(CBCS– 2008 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Physical culture.
2. Education.
3. Inheritance.
4. Social contact.
5. Muscle tone.

6. Unsynchronised development.
7. Psychology.
8. Socialisation.
9. Olympic flag.
10. Arjuna Award.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing **either** (a) **or** (b)

All questions carry equal marks.

11. (a) Describe Recreation theory.

(Or)

(b) Explain Instinct Theory.

12. (a) Discuss the aims and objectives of education.

(Or)

(b) Examine the aims and objectives of physical education.

13. (a) Explain body mechanics in detail.

(Or)

(b) Describe the influence of hereditary on sports performance

14. (a) Physical education and sports are major sources of National Integration–Describe.

(Or)

(b) Explain learning curve.

15. (a) Write the history of physical education in ancient Greece.

(Or)

(b) Give detailed account on Arjuna Award..

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Discuss the source of principles of physical education.

17. Explain the inheritance and social contact theories of play.

18. Examine the Somato type classification and its applications in sports.

19. Give detailed account on theories of learning.

20. Explain the development of physical education in India.
Add a note on current status.

B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Bachelor of Physical Education

**ORGANIZATION, ADMINISTRATION,
SUPERVISION AND CAMPING IN PHYSICAL
EDUCATION**

(CBCS—2010 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Meaning of Organization.
2. Meaning of Administration.
3. Types of Swimming Pool.
4. List down Gymnastic equipments.
5. What is Stock Register ?

6. Define Budget.
7. Define Supervision.
8. What is Program planning ?
9. Meaning of Camp.
10. List down types of Camp.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing **either** (a) **or** (b)

11. (a) Write about scope of Organization.

(Or)

- (b) Write about Steps of Administration.

12. (a) Explain care of play grounds.

(Or)

(b) Explain maintenance of swimming pool.

13. (a) Briefly explain the rules of utilization of game fund.

(Or)

(b) Briefly explain the guiding factors in preparing budget.

14. (a) Explain the qualification of a Supervisor.

(Or)

(b) Explain techniques of Supervision.

15. (a) Discuss the aim and objectives of Camp.

(Or)

(b) Discuss about selection of Camp site.

Part C

(3 × 10 = 30)

Answer any **three** of the following.

All questions carry equal marks.

16. Describe the guiding principles of organization.

17. How will you plan and lay out play area in a school ?

18. Present a model budget for a high school.

19. Discuss in detail about Physical education syllabus, Physical education period and Time allotment.

20. How will you organize a leadership training camp ?

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B.P.Ed. DEGREE EXAMINATION, APRIL 2011

Bachelor of Physical Education

**METHODS IN PHYSICAL EDUCATION AND
SPORTS**

(CBCS—2008 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define Presentation.
2. What is command method ?
3. List down various audio-visual aids.
4. Define teaching aids.
5. What is lesson plan ?

6. Differentiate general and particular lesson plans.
7. Define tournament.
8. Differentiate minor and major games.
9. What is tournament ?
10. Define Classification.

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b)

All questions carry equal marks.

11. (a) Explain visualization method.

(Or)

- (b) Explain dramatization method.

12. (a) Briefly explain various parts of response command.

(Or)

(b) Briefly explain various parts of rhythmic command.

13. (a) Explain the purpose various parts of general lesson plan.

(Or)

(b) Explain the purpose of various parts of particular lesson plan.

14. (a) Explain method of teaching any one track event.

(Or)

(b) Explain method of teaching any one field event.

15. (a) Explain the purpose of classification.

(Or)

(b) Explain play day.

Part C

(3 × 10 = 30)

Answer any **three** of the following.

All questions carry equal marks.

16. Write in detail about planning and presentation.

17. Describe principles of good class management.

18. Present a particular lesson plan to teach a fundamental skill in basketball.

19. Explain method of teaching hurdle.

20. Draw a single knockout tournament fixture for 18 teams.

B.P.Ed. DEGREE EXAMINATION, APRIL 2011**Bachelor of Physical Education****Elective : ANATOMY AND PHYSIOLOGY**

(CBCS—2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

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

1. Define cell.
2. What is cell division ?
3. Define blood pressure.
4. What is cardiac cycle ?
5. Define respiration.

6. What is Pancreas ?
7. What is nephron ?
8. What is motor impulse ?
9. What is vision ?
10. What is endocrine gland ?

Part B

(5 × 5 = 25)

Answer **all** questions by choosing **either** (a) **or** (b).
All questions carry equal marks.

11. (a) Explain classification of bones.

(Or)

- (b) Explain qualities of living matter.

12. (a) Write about composition of blood.

(Or)

(b) Write about coagulation of blood.

13. (a) Discuss the mechanism of respiration.

(Or)

(b) Discuss about respiratory movements.

14. (a) Explain the mechanism of urine formation.

(Or)

(b) Explain the functions of cerebrum.

15. (a) Describe the functions of pituitary gland.

(Or)

(b) Describe the functions of Thyroid gland.

Part C

(3 × 10 = 30)

Answer any **three** of the following.
All questions carry equal marks.

16. Write in detail about classification of joints.

17. Describe blood grouping.

18. Write the structure and function of stomach, small intestine and large intestine.

19. Write in detail the structure and function of the skin.

20. Describe the structure of the eye.

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