(6 pages)　　　　　**Reg. No. :** ....

Code No. : 41352 E　　　**Sub. Code : SAPE 11**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

First Semester

Physical Education — Allied

ANATOMY AND PHYSIOLOGY

(For those who joined in July 2017 onwards)

Time : Three hours　　　　　Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.　How many types of bones

   (a)　3　　　　　　　(b)　4

   (c)　5　　　　　　　(d)　7

2.　Mitochondria play an import role in cell respiration and ——————

   (a)　Metabolic function

   (b)　Production of end

   (c)　Elimination of carbon dioxide

   (d)　Neuro plantation

3.   In the technical terms, muscle pull is known as

     (a)   Sprain   (b)   Strain

     (c)   Abrasion   (d)   Contusion

4.   Which deficiency in the blood causes inflammation
     in bodyparts?

     (a)   White Blood Cells

     (b)   Red Blood Cells

     (c)   Platelets

     (d)   Antibodies

5.   The back thigh muscles are also known as

     (a)   Hamstring   (b)   Gluteal

     (c)   Gastro enemies   (d)   Quadricep

6.   The longest muscle in body is

     (a)   Deltoid   (b)   Iliopsoas

     (c)   Pectoralis Major (d)   Sartorius

7.   Ball and Socket types of joint is

     (a)   Fixed joint

     (b)   Uniaxial joint

     (c)   Bi–axial joint

     (d)   Tri-axial joint

8. Which of the following is a two joint muscle?

    (a) Bicep brachii   (b) Deltoid

    (c) Iliopsoas   (d) Sartorius

9. Blood is purified in the human body by?

    (a) Carbon dioxide   (b) Nitrogen

    (c) Oxygen   (d) Hydrogen

10. To which of the following chambers of the heart, is the aorta connected?

    (a) Left ventricle

    (b) Right ventricle

    (c) Right auricle

    (d) Left auricle

        PART B — (5 × 5 = 25 marks)

    Answer ALL questions choosing either (a) or (b).

    Each answer should not exceed 250 words.

11. (a) Mention the classification of bone with suitable examples?

                    Or

    (b) Draw a neat diagram of mitochondnia and explain its functions.

        Page 3   **Code No. : 41352 E**

12. (a) Describe the different parts of the stomach.

　　　　　Or

(b) Write notes on Cardiac cycle.

13. (a) Give an account of meninges Brain.

　　　　　Or

(b) Describe about the reflex action of the nervous system.

14. (a) Write notes on sebaceous gland.

　　　　　Or

(b) Describe Caronary circulation.

15. (a) Explain the mechanism of breathing with diagram.

　　　　　Or

(b) Explain the nerve synapse.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) What is joint? Classification the joint with example. Mention the functions of the joint.

Or

(b) Draw the diagram of the cell and briefly explain the functions of the cell.

17. (a) Draw a diagram of parts of the digestive tract? How carbohydrates and proteins are Digested?

Or

(b) Explain the structure and functions of central nervous system.

18. (a) Describe the structure and functions of the heart.

Or

(b) List down the different types of tissues and explain them.

Page 5   **Code No. : 41352 E**

19.　(a)　Draw a neat diagram and label the parts of the brain. Describe the functions of the Cerebrum.

Or

　　(b)　Explain the urinary system with diagrams

20.　(a)　Describe the structure and functions of the anterior pituitary.

Or

　　(b)　Explain the mechanism of respiration.

————————

(6 pages)　　　　　**Reg. No. :** ....

Code No. : 41263 E　　**Sub. Code : JAPE 41**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education — Allied

APPLIED KINESIOLOGY

(For those who joined in July 2016 onwards)

Time : Three hours　　　　　Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.　Kinesiology also concerned with

　　(a)　Biology

　　(b)　Mechanics

　　(c)　Both

　　(d)　None of the above

2. Kinesiology is a study of

   (a) Body movements

   (b) Body mechanics

   (c) Both

   (d) None

3. The largest cavity of the body is

   (a) Stomach   (b) Eye

   (c) Mouth   (d) Heart

4. Gastronomies muscle is located in

   (a) Upper   (b) Upper back

   (c) Lower leg   (d) Lower back

5. State of rest of body is called as

   (a) Centre of gravity   (b) Acceleration

   (c) Equilibrium   (d) None

6. Study of joints is called

   (a) Kinesiology   (b) Biology

   (c) Anthropometry   (d) Anthology

7. 'Hunch back' is also known as

   (a) Back pain   (b) Scoliosis

   (c) Lordosis   (d) Kyphosis

8. Boxer's muscles are

   (a) Trapezius

   (b) Sterno cliedo mastoid

   (c) Abdominal

   (d) Deltoid

9. 'Neck joint' is an example of

   (a) Pivot joint   (b) Hinge joint

   (c) Saddle joint   (d) Condyloid joint

10. 'Trapeziums' muscles help in

   (a) Pushing the neck backward

   (b) Punching

   (c) Raising the leg forward

   (d) None of the above

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the term kinesiology and highlight for the development games and sports.

Or

(b) Explain about lordosis.

12. (a) Explain the characteristics of cardiac muscles.

Or

(b) Explain the isometric contraction.

13. (a) Write about elbow joint muscle actions.

Or

(b) Explain the muscular contraction.

14. (a) What is centre of gravity?

Or

(b) What is meant by skeletal muscles and its characteristics?

15. (a) Draw neat diagram of smooth muscles.

Or

(b) List down the causes of muscular fatigue.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Briefly explain the need and importance of kinesiology.

Or

(b) Explain the history, meaning and definition of kinesiology.

17. (a) Write the origin, insertion and action of quadriceps groups of muscles with a neat diagram.

Or

(b) Explain the objectives of kinesiology.

18. (a) Explain the types of muscles.

Or

(b) Explain the postural deformities.

Page 5 **Code No. : 41263 E**

19. (a) Analysis of fundamental movements of Walking and Jogging.

Or

(b) Explain the kinesiology principles of Throwing.

20. (a) Explain the types of muscles.

Or

(b) Explain the types and structure of Joint articulation.

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(6 pages)   **Reg. No. :** ....

Code No. : 41354 E   Sub. Code : SSPE 3 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education

Skill Based Subject – SPORTS MEDICINE

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Bandage is used for

   (a)   Cleaning

   (b)   Compression

   (c)   Arrest bleeding

   (d)   None of the these

2. Sports physiotherapy means

    (a) Physical treatment

    (b) Ice treatment

    (c) Wax treatment

    (d) Water treatment

3. Sprain is a

    (a) Tendon injury   (b) Bone injury

    (c) Muscle injury   (d) None of these

4. Dislocation means

    (a) Dislocation of bones

    (b) Tear of Tendon

    (c) Displacement of joint

    (d) None of these

5. Sex difference affects

    (a) Performance   (b) Strength

    (c) Power   (d) Speed

6. Drugs induce

   (a) Cells   (b) Muscles

   (c) Tendons   (d) None of these

7. Walking gives

   (a) Total fitness   (b) Partial fitness

   (c) Both   (d) None of these

8. Swimming develops

   (a) Speed   (b) Power

   (c) Fitness   (d) Strength

9. Need of sports medicine plays to

   (a) Avoid injury   (b) Treatment

   (c) Performance   (d) None of these

10. Sports medicine is a

   (a) Allied subject (b) Main subject

   (c) Both   (d) None of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a)   Write note on Bandage.

Or

(b)   Write notes on Sports medicine.

12. (a)   What is on muscle cramp?

Or

(b)   Brief note on Blisters.

13. (a)   Write notes on drugs.

Or

(b)   Explain Doping.

14. (a)   What is on physical fitness?

Or

(b)   Explain the benefits of cycling.

15. (a)   Write notes on the sports injury.

Or

(b)   How to avoid sports injury?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) What is Bandage? Explain the various types of Bandages.

Or

(b) Explain about indication and contra indication of massage.

17. (a) What is fracture? Explain the various types of fracture.

Or

(b) What is sports injury? Explain the causes of sports injuries.

18. (a) Explain about Women in Sports.

Or

(b) Explain about the performance and sexual difference.

19. (a) Explain the benefits of dancing and skipping.

Or

(b) Explain the various components of physical fitness.

Page 5 **Code No. : 41354 E**

20. (a) Explain the need und importance of sports medicine.

Or

(b) Analyse the history of sports medicine.

————————

(6 pages)   **Reg. No. :** ....

Code No. : 41265 E   Sub. Code : JSPE 4 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education — Main

Skill Based — BIO-MECHANICS IN
PHYSICAL EDUCATION

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. 'Set' position of an athlete is 100 M. run is an
    example for

    (a) Neutral Equilibrium

    (b) Unstable Equilibrium

    (c) Stable Equilibrium

    (d) None

2. Kinematics deals with rotation is

   (a) Linear kinematics   (b) Angular kinematics

   (c) Both   (d) None

3. The attractive (or gravitational) force that the earth exerts on a body is called

   (a) Weight   (b) Mass

   (c) Shape   (d) None

4. Isometric contraction

   (a) Muscles develop tension and length of muscle increase

   (b) Constant loading method

   (c) Muscles develop tension but no change in length of muscle

   (d) None

5. Newton's First Law

   (a) Interaction   (b) Inertia

   (c) Acceleration   (d) None

6. Sit-ups is the example of ————————.

   (a) 1ˢᵗ Class lever

   (b) Static equilibrium

   (c) 3ʳᵈ Class lever

   (d) Centre of gravity

   Page 2   **Code No. : 41265 E**

7. Principles of stability (or) static equilibrium is

   (a) Enlarge base of support

   (b) Lowered centre of gravity

   (c) Direction of an acting force

   (d) All the above

8. The rate of change of angular velocity is called as

   (a) Velocity

   (b) Acceleration

   (c) Angular Acceleration

   (d) None of the above

9. The word "Bio Mechanics" come from

   (a) Italy Language

   (b) Greek Language

   (c) Indian Language

   (d) English Language

10. How many types motion in Bio mechanics?

    (a) 4

    (b) 5

    (c) 3

    (d) 6

Page 3   **Code No. : 41265 E**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Discuss the need for biomechanics.

Or

(b) Enumerate the objectives of biomechanical principles.

12. (a) Explain with example how angular motion is converted to linear motion.

Or

(b) Describe the various types of motion with example.

13. (a) Explain Newton's law of acceleration.

Or

(b) With examples, explain centripetal force.

14. (a) Explain the various stages of equilibrium.

Or

(b) Explain the mode of development of angular acceleration.

Page 4   **Code No. : 41265 E**

[P.T.O.]

15. (a) Describe the influence of impact of bat or ground on a ball.

Or

(b) Discuss the relationship between force and motion.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write the role of the base of an object on its stability.

Or

(b) Describe the aim and importance of biomechanical principles for coaches.

17. (a) Explain conservation and transfer of momentum.

Or

(b) Enumerate the mechanical principles involved is discuss throw.

Page 5 **Code No. : 41265 E**

18. (a) Explain angular motion and linear acceleration with examples.

Or

(b) Describe the factors affecting stability of an object.

19. (a) Discuss the role of angle of projection in long jump and javelin throw technique.

Or

(b) Biomechanics is essentials to improve performance of a player in a ball game or track and field athlete — Discuss.

20. (a) Explain the types of levels and its application in the game of your choice.

Or

(b) Describe Newton's three laws of motion with examples. (From games of sports skills).

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(6 pages)   **Reg. No. :** ….....................

Code No. : 41262E   Sub. Code : JAPE31

B.Sc. (CBCS) DEGREE EXAMINATION,

NOVEMBER 2018.

Third Semester

Physical Education – Allied

COMPUTER APPLICATIONS IN PHYSICAL
EDUCATION

(For those who joined in July 2016 only)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer :

1.   To open find window.

    (a)   Fl

    (b)   F2

    (c)   F3

    (d)   F5

2. The first generation computers Used ——————
   for circuitry.

   (a) Vacuum tube

   (b) Transistors

   (c) Integrated Circuits

   (d) Large Scale Integration

3. The period of First generation computers is

   (a) 1940-1956   (b) 1940-1958

   (c) 1950-1960   (d) 1960-2000

4. Short cut commend for copy

   (a) ctrl+C   (b) ctrl+V

   (c) ctrl+P   (d) ctrl+S

5. The period of Third generation computers is

   (a) 1964-1974   (b) 1964-1977

   (c) 1964-1975   (d) 1970 Above

6. The period of Fourth generation computers is

(a) 1975-1995

(b) 1975-1989

(c) 1975-2000

(d) None of these

7. The basic unit of a worksheet into which you enter data in Excel is called a

(a) column (b) box

(c) table (d) cell

8. The process of transferring files from a computer on the Internet to your computer is called

(a) Downloading (b) FTP

(c) Forwarding (d) Uploading

9. VLSI technology is used in —————— generation computers.

(a) first (b) second

(c) third (d) fourth

10. Different types of modern digital computers comes under which generation.

(a) Fourth (b) Third

(c) Second (d) Fifth

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain memory.

Or

(b) Give details Operating System.

12. (a) Explain the uses of the Internet.

Or

(b) Write the procedure for creating a word document and opening an existing document.

13. (a) Give details about the types of computer network.

Or

(b) Describe any three functions available in excel with examples.

14. (a) Write some applications of computer in office management.

Or

(b) Explain about the computer application teaching.

15. (a) What are the components available in a Task bar? Explain.

Or

(b) Explain the features of Desktop.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain computer generations?

Or

(b) Draw the basic structure of a computer and explain.

17. (a) Explain the concepts of LAN, WAN and MAN.

Or

(b) Explain electronic mail.

18. (a) Explain the concept of network computer.

Or

(b) Explain the working of a mouse.

19. (a) Draw and explain the block diagram of digital computer.

Or

(b) Explain uses of computer in a human life.

20. (a) Explain different types of computer.

Or

(b) Describe the editing function with suitable examples

————————

(6 pages)　　　　**Reg. No. : ....**

Code No. : 40976 E　　**Sub. Code : GAPE 31**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education – Allied

COMPUTER APPLICATIONS IN PHYSICAL
EDUCATION

(For those who joined in July 2012-2015)

Time : Three hours　　　　　　Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1.　Joystick is a components of computer in

(a)　output device

(b)　input device

(c)　external storage

(d)　software

2. Hard Disk is a components of computer in

   (a) Input device

   (b) Output device

   (c) Display unit

   (d) External storage device

3. Microsoft office word is called as

   (a) Hardware   (b) CPU

   (c) Software   (d) Disk

4. Hard disk is a component of computer in

   (a) Network   (b) Software

   (c) Hardware   (d) MS Excel

5. ———————— is a facility for Microsoft office.

   (a) Creating word documents

   (b) Internet

   (c) MS Excel

   (d) CPU

6. Mention the name of MS office programe used for office documentation.

   (a) MS Excel   (b) MS Outlook

   (c) MS Word   (d) MS Power Point

7. Entering and editing the documents in word is a ——————————software.

   (a) MS Office Excel

   (b) MS Office Word

   (c) MS Office Outlook

   (d) MS Office Power Point

8. Mention the name of software is used for preparing seminar presentation

   (a) MS Word

   (b) MS Excel

   (c) MS Outlook

   (d) MS PowerPoint

9. Mention the main two components of the CPU.

   (a) Control Unit and ALU

   (b) Software and ALU

   (c) Registers and ALU

   (d) Trackballs of keyboard

10. A kilobyte means

   (a) 1333 bytes   (b) 1550 bytes

   (c) 1024 bytes   (d) 1080 bytes

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write short notes on history of computers.

Or

(b) Write short notes on software and its type.

12. (a) Briefly explain about broadband network.

Or

(b) Briefly explain the local area network.

13. (a) Briefly explain the need and importance of email facilities.

Or

(b) Write short notes on micro soft office excel.

14. (a) Write short notes on micro soft office power point software.

Or

(b) Explain the usage of MS Excel.

15. (a) Briefly explain use of computer for office management.

Or

(b) Explain the use of computer for teachers.

Page 4   **Code No. : 40976 E**

[P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain in detail about all input device.

Or

(b) Explain in detail about output device.

17. (a) Explain the any two software and its importance of physical education and sports.

Or

(b) Explain the Hardware in computer.

18. (a) Write in details about various facilities in MS Word.

Or

(b) Explain need and importance of computers in physical education.

19. (a) Write in details about various facilities in MS Excel.

Or

(b) Explain the use of MS Excel for project work.

Page 5   **Code No. : 40976 E**

20. (a) Explain the various software in research and statistics in physical education.

Or

(b) Explain the various software in sports laboratories.

_____

(6 pages)   **Reg. No. :** ....

Code No. : 41259 E   Sub. Code : JMPE 5 B

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education — Main

Major Elective — EXERCISE PHYSIOLOGY

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1.   Unit of muscle fibre is

(a)   Sarcomere   (b)   Action

(c)   Myocin   (d)   None of these

2.   Nerve cell is also called as

(a)   Brain   (b)   Neuron

(c)   Muscle   (d)   Spinal nerve

3. Normal heart beat for adult is

   (a) 70–80 bt/min   (b) 110–120 bt/min

   (c) 40–60 bt/min   (d) 55–65 bt/min

4. Neuron is situated in

   (a) Muscular system

   (b) Nervous system

   (c) Circulatory system

   (d) Respiratory system

5. The ratio between the heart rate and respirator rate is

   (a) 1 : 4   (b) 4 : 1

   (c) 2 : 4   (d) 3 : 6

6. Stroke volume is related with

   (a) Heart   (b) Eye

   (c) Ear   (d) Lung's

7. The amount of blood in human body is

   (a) 2.5 liters   (b) 5 liters

   (c) 10 liters   (d) 6 liters

8. Blood is purified at

   (a) Blood marrow   (b) Lungs

   (c) Heart   (d) Brain

9. Fast running may develop

   (a) stamina

   (b) aerobic capacity

   (c) anaerobic capacity

   (d) vital capacity

10. Involuntary muscles are called as

    (a) cardiac   (b) smooth

    (c) striated   (d) skeletal

       PART B — (5 × 5 = 25 marks)

   Answer ALL questions choosing either (a) or (b).

   Each answer should not exceed 250 words.

11. (a) Explain the structure of a muscle.

              Or

    (b) Explain the characteristics of muscles.

       Page 3   **Code No. : 41259 E**

12. (a) Explain central nervous system.

   Or

   (b) Explain about reflex action.

13. (a) Draw and explain lungs.

   Or

   (b) Explain the mechanism of respiration.

14. (a) Describe the blood circulation with neat diagram.

   Or

   (b) Explain circulatory adjustments during exercise.

15. (a) Explain the exercise pattern during winter season.

   Or

   (b) Write notes on the effect of drugs on sports performance.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) What is muscular theory? Explain it.

Or

(b) Explain Filament model of contraction.

17. (a) Explain aerobic and anaerobic metabolism.

Or

(b) Draw a neat diagram of the structure of the synapse.

18. (a) What is respiration? Describe the various parts of the respiratory system and discuss their functions.

Or

(b) How gaseous exchange happens in the lungs and at tissue?

19. (a) Draw a neat diagram of the structure of heart and explain its parts.

Or

(b) Explain chemical control of the heart.

Page 5   **Code No. : 41259 E**

20. (a) Define physical fitness and explain the various components of physical fitness.

Or

(b) Describe the effects of speed play on human body.

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Page 6   **Code No. : 41259 E**

(6 pages)   **Reg. No. :** ....

Code No. : 40983 E   Sub. Code : GMPE 5 B

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education — Main

Major Elective — EXERCISE PHYSIOLOGY

(For those who joined in July 2012-2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Study of structure of the body is known as

    (a)   physiology

    (b)   anatomy

    (c)   functions of mind

    (d)   psychology

2. Study of functions of human body is

    (a) anatomy

    (b) physiology

    (c) functions of heart

    (d) function of lungs

3. Heart is associated with

    (a) Respiratory system

    (b) Nervous system

    (c) Circulatory system

    (d) Muscular system

4. Lungs are associated with

    (a) Muscular system

    (b) Nervous system

    (c) Respiratory system

    (d) Digestive system

5. ATP means ——————.

    (a) Adinosin tri phosphate

    (b) Adinosin di phosphate

    (c) Anti training programme

    (d) Anti tapering programme

6. Number of champers in heart is

   (a) Two   (b) Three

   (c) Four   (d) Six

7. Aorta carries ———————.

   (a) Impure blood

   (b) Pure blood

   (c) Mixture of both

   (d) CO_2

8. The smallest part of the nervous system is

   (a) Neuron   (b) Synapse

   (c) Brain   (d) Nephron

9. Physical fitness is classified into ————————— types.

   (a) two   (b) four

   (c) three   (d) five

10. Large energy is procedure from

    (a) Fat   (b) Vitamin

    (c) Protein   (d) Glucose

PART B — (5 × 5 = 25 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) What are the uses of physiology in sports?

                    Or

     (b) Describe the nature of exercise physiology.

12. (a) Narrate the functions of voluntary muscles.

                    Or

     (b) Draw a neat diagram of voluntary muscle and label the parts.

13. (a) Explain the functions of muscles.

                    Or

     (b) Explain the functions of nervous system.

14. (a) Narrate the effects of exercises on metabolic process.

                    Or

     (b)   Narrate sex difference in sports.

        Page 4   **Code No. : 40983 E**
                    [P.T.O.]

15. (a) Explain the process of blood doping.

Or

(b) Explain effects of Ergogenic aids.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Analyse the changes in circulatory system due to effect of exercise.

Or

(b) Describe different methods of production of energy.

17. (a) Explain the changes in respiratory system due to exercise.

Or

(b) Explain the components of physical fitness.

18. (a) Explain the factors affecting the sports performance.

Or

(b) Explain the conditions affecting muscular contraction.

Page 5 **Code No. : 40983 E**

19. (a) Explain the demerits of alcohol.

Or

(b) Explain the bad effects of smoking.

20. (a) Explain the changes on functions due to anaerobic exercises.

Or

(b) Describe the effects of aerobic exercises on body.

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(8 pages)   **Reg. No. :**...

Code No. : 41355 B   Sub. Code : SNPE 3 A

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education

Non Major Elective — FITNESS AND WELLNESS

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   உடற்கட்டு அடிப்படை கூறுகள்எத்தனை?

      (அ) மூன்று   (ஆ) ஒன்று

      (இ) நான்கு   (ஈ) ஐந்து

      The basic components of physical fitness are

      (a)   Three   (b)   One

      (c)   Four   (d)   Five

2. சாதாரண இதய துடிப்பு

    (அ) 72   (ஆ) 76

    (இ) 74   (ஈ) 71

    The normal heart beat is

    (a) 72   (b) 76

    (c) 74   (d) 71

3. வேகம் இவ்வாறு அளவிடப்படுகிறது?

    (அ) தொலைவு

    (ஆ) நேரம்

    (இ) வேகம்

    (ஈ) மேலே குறிப்பிட்ட ஏதுமில்லை

    Speed is measure by

    (a) Distance   (b) Time

    (c) Velocity   (d) None of the above

4. BMI நிலைகள்

    (அ) உடல் அளவு குறியீடு

    (ஆ) உடல் நிறை குறியீடு

    (இ) உடல் மருத்துவ குறியீடு

    (ஈ) உடல் அளவு குறியீடு

BMI stands for

(a)   Body Measurement Index

(b)   Body Mass Index

(c)   Bio Medicine Index

(d)   Body Measurement Identification

5.   ஏரோபிக் பொருள்

(அ) ஆக்ஸிஜன் இல்லாமல்

(ஆ) ஆக்ஸிஜன் உடன்

(இ) வலிமை இல்லாமல்

(ஈ) வலிமையுடன்

Aerobic means

(a)   Without oxygen

(b)   With oxygen

(c)   Without strength

(d)   With strength

6.   தண்ணீர் பயிற்சியின் மறுபெயர்

(அ) ஏரோபிக்ஸ்   (ஆ) அனரோபிக்ஸ்

(இ) அக்வாடிக்ஸ்   (ஈ) SAQ பயிற்சி

Water exercises anther name is

(a)   Aerobics   (b)   Anaerobic

(c)   Aquatics   (d)   SAQ Training

7. மனித உடம்பில் மிக முக்கியமான உறுப்பு

    (அ) கண்　　　　　　(ஆ) இதயம்

    (இ) நுரையீரல்　　　(ஈ) மூளை

    The humans most important organ is

    (a) Eye　　　　　　(b) Heart

    (c) Lungs　　　　　(d) Brian

8. டிரெட்மில்லில் சோதனை எதை ஆய்வு செய்ய
    பயன்படுகிறது

    (அ) மூளை　　　　　(ஆ) இதயம்

    (இ) குடல்　　　　　(ஈ) நுரையீரல்

    Treadmill test is used for analyze the

    (a) Brain　　　　　(b) Heart

    (c) Intestine　　　(d) Lungs

9. ஹார்வேர்ட் படி சோதனை எதை ஆய்வு செய்ய
    பயன்படுகிறது

    (அ) வேகம்

    (ஆ) வலிமை

    (இ) இதய சுவாச திறன்

    (ஈ) வளைந்து கொடுக்கும் தன்மை

Harward step testis used for

(a)   Speed

(b)   Strength

(c)   Cardio Respiratory Endurance

(d)   Flexibility

10.   மூட்டுகளின் இயக்க வரம்பு

(அ)   சுறுசுறுப்பு   (ஆ)   நெகிழ்வு தன்மை

(இ)   ஒருங்கிணைப்பு   (ஈ)   பொறுமை

The range of motion around the joint is

(a)   agility   (b)   flexibility

(c)   coordination   (d)   endurance

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11.   (அ)   வேகத்தை விளக்குக.

Explain the speed.

Or

(ஆ)   திறன் தொடர்பன உடற்பயிற்சி விவரங்களை விவரி.

Give details of skill related fitness.

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12. (அ) கார்டியோ சுவாச பரிசோதனை மதிப்பீட்டை தெளிவுபடுத்தவும்.

Clarify the cardio respiratory assessment test.

Or

(ஆ) சித்த மருத்துவ மதிப்பீட்டின் வகைகளை விளக்குக.

Explain the components of ideal medical evaluation.

13. (அ) பயணத்தின் போதும் மற்றும் வரையறுக்கப்பட்ட இடைவெளியில் பயிற்சியை விளக்குங்கள்.

Explain the exercise at traveling and limited space.

Or

(ஆ) பார்வையாளர்களுக்கான பயிற்சியை விளக்குக.

Explain the exercise at busy and visitors.

14. (அ) ஆக்ஸிசனை கொண்டு செயல்படும் பயிற்சியினை விளக்குக.

Explain the aerobic activities.

Or

(ஆ) நீரில் செய்யப்படும் பயிற்சிகளை விளக்கவும்.

Explicate the aquatics exercises.

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15. (அ) ஏதாவது இரண்டு வீட்டு உபகரணங்கள் கொண்டு செய்யும் பயிற்சியினை விளக்கு.

Enlighten any two home exercise equipments.

Or

(ஆ) பராமரித்தல் உடற்பயிற்சி திட்டத்தை விளக்குக.

Explain the maintaining fitness program.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (அ) சுகாதாரம் தொடர்பான உடற்பயிற்சி கூறுகளை விளக்குக.

Briefly Explain the health related fitness components.

Or

(ஆ) உடல்நலம் வரையறுக்க, ஆரோக்கியத்தின் வகைகளை விளக்குக.

Define health, Explain the types of health.

17. (அ) இளம் பருவத்தினர் மத்தியில் உடல் ரீதியிலான நடவடிக்கைகளை பாதிக்கும் காரணிகளை விளக்குக.

Explain the factors affecting physical activities among adolescents.

Or

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(ஆ) உடற்பயிற்சி பங்கேற்பாளர்களுக்கான நிகழ்ச்சி திட்டத்தின் நிலைகளை தெளிவுபடுத்துக.

Elucidate the stages of program development for fitness participants.

18. (அ) குழந்தைகளுக்கான வழிகாட்டுதல்களை விளக்குக.

Briefly explain the exercise guidelines for children.

Or

(ஆ) முதியவர்களுக்கான நல்ல உடல்நலனை விளக்குக.

Explain the good physical activities for the elder people.

19. (அ) உடல் நலப் பணிகளின் உடல் நலன்களை விளக்குக.

Briefly explain the health benefits of physical activities.

Or

(ஆ) பின்வரும் உடற்பயிற்சிகளான, சைக்கிளின் ஓட்டுதல் மலை ஏறுதல், டிரெட்மில் மற்றும் நடைபயிற்சியினை விளக்குக.

Explain the following fitness actives cycling, star climbing, treadmill and walking.

20. (அ) ஒரு தனிப்பட்ட சுகாதார முறைகளை விளக்குக.

Briefly explain personal hygiene.

Or

(ஆ) எடை மேலாண்மை திட்டத்தை விளக்குக.

Explain the program for weight management.

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Reg. No. :...

Code No. : 41355 E   Sub. Code : SNPE 3 A

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education

Non Major Elective — FITNESS AND WELLNESS

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The basic components of physical fitness are

    (a) Three   (b) One

    (c) Four   (d) Five

2. The normal heart beat is

    (a) 72   (b) 76

    (c) 74   (d) 71

3. Speed is measure by

    (a) Distance

    (b) Time

    (c) Velocity

    (d) None of the above

4. BMI stands for

    (a) Body Measurement Index

    (b) Body Mass Index

    (c) Bio Medicine Index

    (d) Body Measurement Identification

5. Aerobic means

    (a) Without oxygen

    (b) With oxygen

    (c) Without strength

    (d) With strength

6. Water exercises anther name is

    (a) Aerobics   (b) Anaerobic

    (c) Aquatics   (d) SAQ Training

Page 2   **Code No. : 41355 E**

7. The humans most important organ is

   (a) Eye   (b) Heart

   (c) Lungs   (d) Brian

8. Treadmill test is used for analyze the

   (a) Brain   (b) Heart

   (c) Intestine   (d) Lungs

9. Harward step testis used for

   (a) Speed

   (b) Strength

   (c) Cardio Respiratory Endurance

   (d) Flexibility

10. The range of motion around the joint is

    (a) agility   (b) flexibility

    (c) coordination   (d) endurance

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the speed.

Or

(b) Give details of skill related fitness.

Page 3   **Code No. : 41355 E**

12. (a) Clarify the cardio respiratory assessment test.

    Or

    (b) Explain the components of ideal medical evaluation.

13. (a) Explain the exercise at traveling and limited space.

    Or

    (b) Explain the exercise at busy and visitors.

14. (a) Explain the aerobic activities.

    Or

    (b) Explicate the aquatics exercises.

15. (a) Enlighten any two home exercise equipments.

    Or

    (b) Explain the maintaining fitness program.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Briefly Explain the health related fitness components.

Or

(b) Define health, Explain the types of health.

17. (a) Explain the factors affecting physical activities among adolescents.

Or

(b) Elucidate the stages of program development for fitness participants.

18. (a) Briefly explain the exercise guidelines for children.

Or

(b) Explain the good physical activities for the elder people.

19. (a) Briefly explain the health benefits of physical activities.

Or

(b) Explain the following fitness actives cycling, star climbing, treadmill and walking.

20. (a) Briefly explain personal hygiene.

Or

(b) Explain the program for weight management.

————————————

(6 pages)   **Reg. No. :** ....

Code No. : 41347 E   Sub. Code : SMPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

First Semester

Physical Education — Main

FOUNDATION OF PHYSICAL EDUCATION

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1.   Who said "Body and mind should be driven alike like a pair of horses hitched to a shaft?

(a)   Brownell and Hagman

(b)   Cassidy

(c)   Bacher

(d)   Plato

2. How many major components in Philosophy?

   (a) Four   (b) Two

   (c) Five   (d) Six

3. Plato's philosophies is

   (a) Realism   (b) Naturalism

   (c) Pragmatism   (d) Idealism

4. Naturalism means

   (a) Thinking about (b) Realistic

   (c) Unrealistic   (d) Code of conduct

5. Effective working of muscles and nerves is called

   (a) Circulatory system

   (b) Endocrine system

   (c) Neuromuscular system

   (d) Digestive system

6. Sports medicine is the study of

   (a) Medicine of living matter

   (b) Function of the body

   (c) Medical relationship between physical activity and human body

   (d) Structure of the body

   Page 2   **Code No. : 41347 E**

7. The first day of ancient Olympic games was for

   (a) Religious   (b) March Past

   (c) Feasting   (d) Competition

8. The five interlinked Olympic rings represents

   (a) Five continents

   (b) Five fingers

   (c) Five senses

   (d) Five stars

9. SAI was established in the year of

   (a) 1982   (b) 1983

   (c) 1981   (d) 1984

10. The first who received Rajiv Gandhi Khel Ratna award is

    (a) Sachin Tendulkar

    (b) Viswanathan Anand

    (c) Dhanraj Pillai

    (d) Baisung bhutia

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain Physical Education in Athens.

Or

  (b) Briefly explain the Modern Greece.

12. (a) Explain Olympic Flag.

Or

  (b) Explain Olympic Emblem.

13. (a) Explain the history and development of SNIPES.

Or

  (b) Write about the NCC and ACC.

14. (a) Write about the International federations.

Or

  (b) Explain the Youth Hostels.

15. (a) Write the National Awards.

Or

  (b) Explain details the rural sports.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the Physical Education history in Ancient Greece.

Or

(b) Briefly explain the career opportunities in physical education.

17. (a) Briefly explain the origin and development of Modern Olympics.

Or

(b) Explain the challenges in physical education.

18. (a) Describe the All India council of sports.

Or

(b) Describe the responsibilities of physical education teachers.

19. (a) Write about the sports organization in India.

Or

(b) Briefly explain the coaching opportunities in physical education.

Page 5 **Code No. : 41347 E**

20. (a) Write about the national physical fitness programme.

Or

(b) Explain the health related opportunities in physical education.

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(7 pages)   **Reg. No. :** ....

Code No. : 41261 E   Sub. Code : JAPE 21/ SAPE 21

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Second Semester

Physical Education – Allied

HEALTH EDUCATION, SAFETY EDUCATION
AND FIRST AID

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The skill development domain of learning is which
     of the following?

     (a)   cognitive   (b)   physical

     (c)   affective   (d)   psycho-motor

2. In elementary schools who usually provides the health instruction?

    (a)   the school nurse

    (b)   a health education specialist

    (c)   the physical education teacher

    (d)   the classroom teacher

3. Elementary and middle-level school physical education should emphasize all but which one of the following?

    (a)   cardiovascular health

    (b)   coordination and good posture

    (c)   athletic skill development

    (d)   agility and flexibility

4. Most school-based/school-liked health clinics are found in

    (a)   elementary schools.

    (b)   middle-level schools.

    (c)   secondary schools.

    (d)   pre-schools and nursery schools

    Page 2   **Code No. : 41261 E**

5. The classroom teacher should perform all but which one of the following?

    (a)   gathering of information

    (b)   referral

    (c)   student observation

    (d)   diagnosis of condition

6. The physical examination of an elementary school-age child should be conducted by the

    (a)   hospital director

    (b)   family physician

    (c)   school director of medicine

    (d)   local public health officer

7. Health screening activities conducted within the school setting are usually the responsibility of the

    (a)   classroom teacher

    (b)   school medical director

    (c)   school secretary

    (d)   school nurse

Page 3   **Code No. : 41261 E**

8. Diagnosis of a physical growth and development disorder is the responsibility of

    (a) the school nurse

    (b) the classroom teacher

    (c) a physician

    (d) a physical therapist

9. Health professionals recommend a weight loss of

    (a) 2 lb/week maximum

    (b) 10 lb/week occasionally

    (c) 5 lb/week for at least a month

    (d) 2 lb/ week minimum

10. Weight loss and/or changes in body composition can be monitored with

    (a) a scale

    (b) skinfold measurements

    (c) girth measurements

    (d) both (a) and (b)

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[P.T.O.]

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) What are the signs of the physical health?

Or

(b) What is communicate diseases?

12. (a) Write notes on humoral immunity type?

Or

(b) What is public health?

13. (a) What are the methods of purification of water?

Or

(b) What are the objectives of school health service?

14. (a) Explain the structure of the school.

Or

(b) What are the safety measures for lightening?

15. (a) What is safety education?

Or

(b) What are the principles of safety with respect to playfield?

Page 5   **Code No. : 41261 E**

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the types of Active Immunity in details.

Or

(b) What are the aims of secure purification?

17. (a) What are health problem occur in school children?

Or

(b) Explain the school health service.

18. (a) Explain the mental health in details.

Or

(b) Explain any one of the insect borne diseases.

19. (a) What are the safety measures to adopted for Basket Ball game?

Or

(b) Describe the special care need for the handicapped children in the school.

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20. (a) Explain the principles of safety with respect to building.

              Or

     (b) Explain the safety measures to be followed during physical Education classes.

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(6 pages)   **Reg. No. :** ....

Code No. : 41351 E   Sub. Code : SMPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018

Third Semester

Physical Education –Main

METHODS IN PHYSICAL EDUCATION

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Presentation must be

    (a)   Simple to complex

    (b)   Complex to simple

    (c)   Simple

    (d)   Complex

2. No presentation to complete without

   (a) Discussion   (b) Supervision

   (c) Result   (d) Evaluation

3. Minimum length of the gymnasium for college is

   (a) 150 feet   (b) 100 feet

   (c) 75 feet   (d) 50 feet

4. In the indoor gymnasium the doors and windows should be

   (a) Open outwards

   (b) Inside the hall

   (c) Upwards

   (d) Downwards

5. The hockey field surface is

   (a) Synthetic   (b) Grass

   (c) Turf   (d) Cinder

6. Method of Teaching is

   (a) Static   (b) Dynamic

   (c) Planning   (d) Leading

7. The presentation technique may be studied under

   (a) One head   (b) Two heads

   (c) Three heads   (d) Four heads

8. The skillful handling of the class is

   (a) Method

   (b) Planning

   (c) Class management

   (d) Presentation

9. How many types of lesson plan are there?

   (a) 1   (b) 2

   (c) 3   (d) 4

10. The formula to find out number matches in Single Knock-out tournaments is

   (a) n+1   (b) n–1

   (c) n(n–1)   (d) N–N

   Page 3   **Code No. : 41351 E**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the situations.

Or

(b) Explain the subject matter.

12. (a) Explain the presentation technique.

Or

(b) Explain the steps in the ways involved in presentation.

13. (a) Explain the co–curricular activities.

Or

(b) Write about class management.

14. (a) Explain the at will method and whole method.

Or

(b) Explain the progressive part method.

15. (a) Drawing a fixture for 12 teams knock-out tournaments.

Or

(b) Write the merits of league tournaments.

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[P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Briefly explain the need and importance of management.

Or

(b) Explain the whole method and part method.

17. (a) Briefly explain the guiding principles of management.

Or

(b) Explain about the general lesson plan and particular lesson plan.

18. (a) Define class management. Explain the principles for a food class management.

Or

(b) Write the meaning 0f teaching aids and briefly explain the importance of teaching aids.

Page 5   **Code No. : 41351 E**

19. (a) What is calisthenics? Explain the procedure for arranging class for formal exercises.

Or

(b) Explain the objectives of major games. Explain the teaching procedure in a game of your specilisation.

20. (a) Draw a Knock out cum league fixture for 30 teams with 4 teams seeding.

Or

(b) Draw a league fixture for 24 teams.

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(6 pages)   **Reg. No. :** ....

Code No. : 41255 E   Sub. Code : JMPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education – Main

ORGANIZATION AND ADMINISTRATION IN
PHYSICAL EDUCATION

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Organization means

    (a)   Carrying out the plan

    (b)   Commencing the work

    (c)   Planning the work

    (d)   Completed the work

2. The Chief Minister for physical education programme in schools in the state

   (a) CEO   (b) DEO

   (c) CIPE   (d) RIPE

3. The length and breadth of Basketball court is

   (a) 26-14m   (b) 28-14m

   (c) 28-15m   (d) 26-15m

4. "Touch line" Word is related to which game

   (a) Kabaddi   (b) Cricket

   (c) Basketball   (d) Football

5. No presentation to complete without

   (a) Discussion   (b) Supervision

   (c) Result   (d) Evaluation

6. Minimum length of the gymnasium for college

   (a) 150 feet   (b) 100 feet

   (c) 75 feet   (d) 50 feet

7. Length of swimming pool is

   (a) 60 m   (b) 50 m

   (c) 40 m   (d) 30 m

8.   Roman rings is a

    (a)   Outdoor game   (b)   Gymnastic equipment

    (c)   Athletic event   (d)   Fencing game

9.   In indoor gymnasium the doors and windows should be

    (a)   Open outwards (b)   Inside the hall

    (c)   Upwards   (d)   Downwards

10. Which of the following is a surface required for hockey field?

    (a)   Synthetic   (b)   Grass

    (c)   Turf   (d)   Cinder

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a)   Explain organization in physical education.

                Or

    (b)   Explain   administration   in   physical education.

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12. (a) Write the schemes of physical education programme in state level.

Or

(b) Write the schemes of physical education programme in district level.

13. (a) Explain the care of the play ground.

Or

(b) Draw a neat diagram of Tennis court with all markings.

14. (a) Describe the need of gymnasium.

Or

(b) Explain the need for records.

15. (a) Explain the qualities of a supervisor.

Or

(b) Explain the duties of supervisor.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Briefly explain the need and importance of organization and administration.

Or

(b) Briefly explain the scope of organization and administration.

17. (a) Explain scheme of physical education school and its importance.

Or

(b) Write in detail about types of records and registers.

18. (a) Explain the care and maintenance of sports equipments.

Or

(b) Draw a neat diagram of football field with all markings.

Page 5   **Code No. : 41255 E**

19. (a) Describe the need and importance of swimming pool.

Or

(b) Write the rules and Regulations to be observed by the participants in the Swimming pool.

20. (a) Explain the Instruction and Professional growth.

Or

(b) Briefly explain the types of Visit.

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(6 pages)   **Reg. No. :** ....

Code No. : 40968 E   Sub. Code : GMPE 41

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education — Main

ORGANIZATION AND ADMINISTRATION IN
PHYSICAL EDUCATION

(For those who joined in July 2012-2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   D.E.O means

   (a) District Environment Officer

   (b) District Education Organisation

   (c) District Educational Officer

   (d) Development Educational Officer

2. If 8 teams are participating in knock-out, the number of matches will be —————————.

   (a) 6   (b) 7

   (c) 8   (d) 9

3. Intramural competition means —————————.

   (a) Within the walls

   (b) Between the school

   (c) School annual sports day

   (d) School annual day

4. The width of Kho-Kho field in —————————.

   (a) 15 m   (b) 16 m

   (c) 18 m   (d) 20 m

5. Which of the following surface required for track?

   (a) Synthetic   (b) Grass

   (c) Turf   (d) Sand

6. Which of the following is considered as body building exercise?

   (a) Gymnastics

   (b) Lezium

   (c) Calisthenics

   (d) Dumbbells

7. Physical education equipments will be maintained by using ———————— register.

   (a) Stock

   (b) Attendance

   (c) Quotation

   (d) None

8. Formula for fixing byes for even number of teams ————————.

   (a) $\dfrac{nb}{2}$

   (b) $\dfrac{nb-1}{2}$

   (c) $\dfrac{nb+1}{2}$

   (d) $\dfrac{n}{2}$

9. How many asanas are there in Surya Namaskar?

   (a) 7   (b) 10

   (c) 12   (d) 15

10. The father of Basketball game is ————————.

    (a) Michael Johnson

    (b) James Naismith

    (c) Edward Jenner

    (d) Pavlov

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Briefly explain the administration in physical education.

    Or

    (b) Explain the organization in physical education.

12. (a) Explain the care of the play fields.

    Or

    (b) Write short notes on calisthenics.

13. (a) Explain the factors influencing methods in physical education.

    Or

    (b) Briefly explain the need and importance of Swimming Pool.

14. (a) Draw a neat diagram of Hockey field with all specification.

    Or

    (b) Elucidate the need of Gymnastics.

15. (a) Briefly explain the importance of lesson plan in physical education.

Or

(b) Write short notes on pyramid tournaments.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the schemes of physical education in District level with flow chart.

Or

(b) Write in detail about the incentives and awards in the sports field.

17. (a) Explain the care and maintenance of sports equipments.

Or

(b) Elucidate the presentation techniques in physical education.

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18. (a) Prepare a model annual budget for physical education department in a University.

Or

(b) Elaborate the general lesson plan with example.

19. (a) Explain the different kinds of playing surface.

Or

(b) Explain the guidelines for purchasing equipments in detail.

20. (a) Describe the specific lesson plan for seventh standard.

Or

(b) Draw the fixtures for 33 teams by knockout method.

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(8 pages)   **Reg. No. :** ....

Code No. : 41267 B   Sub. Code : JNPE 4 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education

Non-Major Elective – PRINCIPLES AND HISTORY
OF PHYSICAL EDUCATION AND SPORTS

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   அனைந்திந்திய விளையாட்டு சம்மேளனம் எந்த ஆண்டு
     அமைக்கப்பட்டது

     (அ) 1954   (ஆ) 1953

     (இ) 1952   (ஈ) 1951

     All India Council of Sport was formed in

     (a)   1954   (b)   1953

     (c)   1952   (d)   1951

2. சென்னை YMCA உடற்கல்வி கல்லூரியில் முதல் முதல்வர் யார்?

(அ) மணி ஜோசப்   (ஆ) எச்.சி. பக்

(இ) ஜி.டி. சோந்தி   (ஈ) ஏ.கே. சிங்

Name the first Principal of YMCA college of Physical Education, Madras (Chennai)

(a) P.M. Joseph   (b) H.C. Buck

(c) G.D. Sondhi   (d) A.K. Singh

3. N.I.S. நிறுவப்பட்ட ஆண்டு

(அ) 1957   (ஆ) 1961

(இ) 1962   (ஈ) 1964

N.I.S. was established

(a) 1957   (b) 1961

(c) 1962   (d) 1964

4. ஒலிம்பிக் வட்டத்தில் நீல நிறம் வட்டம் ───────── ஐக் குறிக்கிறது

(அ) ஐரோப்பா   (ஆ) ஆஸ்திரேலியா

(இ) ஆப்பிரிக்கா   (ஈ) அமெரிக்கா

The Blue color circle in the Olympic circle represents the ─────────?

(a) Europe   (b) Australia

(c) Africa   (d) America

5. பண்டைய ஒலிம்பிக் விளையாட்டுகள் எப்போது
    தொடங்கியது

    (அ) கி.மு. 776   (ஆ) கி.பி. 776

    (இ) கி.பி. 936   (ஈ) கி.மு. 774

    When was Ancient Olympic games started?

    (a) 776 B.C   (b) 776 A.D

    (c) 396 A.D   (d) 774 B.C

6. இந்தியாவின் சிறந்த விளையாட்டு பயிற்சியாளர்
    விருதானது

    (அ) அர்ஜுனா விருது

    (ஆ) துரோணாச்சார்யா

    (இ) ராஜீவ்காந்தி கெல் ரத்னா

    (ஈ) பத்மவிபூசன்

    The Best coach Sports Award of India is

    (a) Arjuna Award

    (b) Droacharya Award

    (c) Rajeev Gandhi khen ratan

    (d) Padma vibhushan

7. ''சிட்டிஸ்'' என்பதன் பொருள்

    (அ) தசை   (ஆ) விரைவாக

    (இ) உயர்வான   (ஈ) வலுவான

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"Citius" meaning is

(a) Muscle   (b) Faster

(c) Higher   (d) Stronger

8. நவீன ஒலிம்பிக் போட்டிகளின் தந்தை யார்?

(அ) ஜீயஸ்   (ஆ) குரோனஸ்

(இ) அஸெஸ்   (ஈ) கிங்பிர்ரேடி கர்பர்டீன்

Who is called the Father of Modern Olympic games?

(a) Zeus

(b) Kronas

(c) Augess

(d) Bran pierre De Curbertin

9. ''போர்டியஸ்'' என்பது

(அ) தசை   (ஆ) விரைவாக

(இ) உயர்வான   (ஈ) வலுவான

"Fortius" meaning is

(a) Muscle   (b) Faster

(c) Higher   (d) Stronger

10. ஒலிம்பிக் போட்டியில் ஐந்து வளையங்களின் வண்ணங்களின் வரிசையை அடையாளம் காண்க

(அ) ஊதா, கருப்பு, மஞ்சள், பச்சை, சிவப்பு

(ஆ) ஊதா, மஞ்சள், பச்சை, சிவப்பு, கருப்பு

(இ) ஊதா, மஞ்சள், கருப்பு, பச்சை, சிவப்பு

(ஈ) கருப்பு, மஞ்சள், பச்சை, சிவப்பு, ஊதா

Identify the sequential order of the colors of five rings of the Olympic flag

(a)   Blue, Black, Yellow, Green, Red

(b)   Blue, Yellow, Green , Red, Black

(c)   Blue, Yellow, Black, Green, Red

(d)   Black, Yellow, Green, Red, Blue

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11.   (அ)   உடற்கல்வியின் பொருளை வரையறு.

Define the meaning of Physical Education.

Or

(ஆ)   உடற்கல்வியின் முக்கியத்துவத்தை விவரி.

Explain the Importance of Physical Education.

12.   (அ)   உடற்கூறியல் மற்றும் உடலியரை விவரி.

Explain Anatomy and Physiology.

Or

(ஆ)   மனித உடல் இயக்கவியல் மற்றும் உயிர் இயக்கிவியலை வரையறு.

Define Kinesiology and Bio mechanics.

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13. (அ) உடற்கல்வியின் நோக்கங்கள் யாவை?

What are the objectives of Physical Education?

Or

(ஆ) ஓய்விற்கும் விளையாட்டிற்கும் இடையோன வேறுபாடுகள் என்ன?

What is the Different between leisure and play?

14. (அ) உடற்கூறியல் வயது என்ன?

What is Anatomical ages?

Or

(ஆ) ஒருங்கிணைக்கப்படாத வளர்ச்சி என்றால் என்ன?

What is unsynchronized development?

15. (அ) கற்றலின் வகைகளை விவரி.

Explain the Kinds of Learning.

Or

(ஆ) உள்ளார்ந்த கற்றலை விவரி.

Explain the insightful learning.

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PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (அ) உடற்கல்வியின் நோக்கங்களை விவரி.

Explain the objectives of Physical Education.

Or

(ஆ) உடற்கல்வி மற்றும் விளையாட்டுகளில் உடற்வேதியலின் பங்கினை விளக்குக.

Explain in details the importance of Biochemistry in the field of Physical Education and Sports.

17. (அ) நல்ல மனிதநேயத்தின் வளர்ச்சியை விரிவாக விவரி.

Briefly explain development of good citizenship.

Or

(ஆ) உடற்கல்வியில் உள்ள உடற்கூறியல் மற்றும் வயதினை விவரி.

Explain anatomical, ages in physical education.

18. (அ) உளவியலின் அடிப்படையை பற்றி விவரி.

Explain the psychological foundation.

Or

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(ஆ) சமூகவியல் நோக்கத்தில் விளையாட்டினை விவரி.

Explain the scope of sociology in sports.

19. (அ) விளையாட்டு போட்டிகளினால் ஏற்படும் சமூக பிரச்சனைகளை கணக்கிடுக.

Enumerate the social problems of competitive sports.

Or

(ஆ) பல்நாட்டு உறவு மற்றும் புரிதலை வளர்க்க விளையாட்டு வழி வகுக்கிறது–விவாதி.

Sports for international relationship and understanding – Discuss.

20. (அ) விளையாட்டிற்கும் வேலைக்கும் இடையிலான தொடர்பினை விவரி.

Explain the relationship between Play– Work.

Or

(ஆ) பொழுதுபோக்கிற்கான வசதிகள் மற்றும் உபகரணங்களை சுருக்கமாக விவரி.

Briefly explain facilities and equipments for recreation.

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(6 pages) **Reg. No. :** ....

Code No. : 41267 E   **Sub. Code : JNPE 4 A**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fourth Semester

Physical Education

Non-Major Elective – PRINCIPLES AND HISTORY
OF PHYSICAL EDUCATION AND SPORTS

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. All India Council of Sport was formed in

   (a) 1954   (b) 1953

   (c) 1952   (d) 1951

2. Name the first Principal of YMCA college of Physical Education, Madras (Chennai)

   (a) P.M. Joseph   (b) H.C. Buck

   (c) G.D. Sondhi   (d) A.K. Singh

3. N.I.S. was established

    (a) 1957   (b) 1961

    (c) 1962   (d) 1964

4. The Blue color circle in the Olympic circle represents the —————?

    (a) Europe   (b) Australia

    (c) Africa   (d) America

5. When was Ancient Olympic games started?

    (a) 776 B.C   (b) 776 A.D

    (c) 396 A.D   (d) 774 B.C

6. The Best coach Sports Award of India is

    (a) Arjuna Award

    (b) Droacharya Award

    (c) Rajeev Gandhi khen ratan

    (d) Padma vibhushan

7. "Citius" meaning is

    (a) Muscle

    (b) Faster

    (c) Higher

    (d) Stronger

    Page 2   **Code No. : 41267 E**

8. Who is called the Father of Modern Olympic games?

   (a) Zeus

   (b) Kronas

   (c) Augess

   (d) Bran pierre De Curbertin

9. "Fortius" meaning is

   (a) Muscle

   (b) Faster

   (c) Higher

   (d) Stronger

10. Identify the sequential order of the colors of five rings of the Olympic flag

    (a) Blue, Black, Yellow, Green, Red

    (b) Blue, Yellow, Green, Red, Black

    (c) Blue, Yellow, Black, Green, Red

    (d) Black, Yellow, Green, Red, Blue

Page 3   **Code No. : 41267 E**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define the meaning of Physical Education.

Or

(b) Explain the Importance of Physical Education.

12. (a) Explain Anatomy and Physiology.

Or

(b) Define Kinesiology and Bio mechanics.

13. (a) What are the objectives of Physical Education?

Or

(b) What is the Different between leisure and play?

14. (a) What is Anatomical ages?

Or

(b) What is unsynchronized development?

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[P.T.O.]

15. (a) Explain the Kinds of Learning.

Or

(b) Explain the insightful learning.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the objectives of Physical Education.

Or

(b) Explain in details the importance of Biochemistry in the field of Physical Education and Sports.

17. (a) Briefly explain development of good citizenship.

Or

(b) Explain anatomical, ages in physical education.

18. (a) Explain the psychological foundation.

Or

(b) Explain the scope of sociology in sports.

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19. (a) Enumerate the social problems of competitive sports.

Or

(b) Sports for international relationship and understanding – Discuss.

20. (a) Explain the relationship between Play–Work.

Or

(b) Briefly explain facilities and equipments for recreation.

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(6 pages) **Reg. No. :** ....

Code No. : 40972 E Sub. Code : GMPE 62

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Sixth Semester

Physical Education — Main

PRINCIPLES OF SPORTS TRAINING

(For those who joined in July 2012-2015)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Double periodisation has

    (a) one transitional period

    (b) two transitional period

    (c) three transitional period

    (d) four transitional period

2. A state of decrease in performance capacity is due to

    (a) Over load   (b) Under load

    (c) Both   (d) None of these

3. The causes of over load are

    (a) Errors in training

    (b) Way of living

    (c) Environment

    (d) All of the above

4. Interval training includes

    (a) Medium to high intensity

    (b) Low to medium volume

    (c) Both

    (d) None of these

5. Fartlek training method improves

    (a) Endurance   (b) Speed

    (c) Strength   (d) Flexibility

6. According to nature of activity, endurance is divided in to ———— types.

    (a) 2   (b) 3

    (c) 4   (d) 5

7. In repetition method

    (a) Intensity is kept very high

    (b) Volume is kept low

    (c) Both

    (d) None of these

8. The resistance ability against fatigue is called

    (a) Strength   (b) Endurance

    (c) Speed   (d) Flexibility

9. Sprinting speed is best developed through

    (a) Interval training

    (b) Strength training

    (c) Ins and Outs

    (d) Continuous running

10. Plyometrics is also called

    (a) Reflex phenomena

    (b) Reactive jumps

    (c) Agility training

    (d) Strength training

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write about tasks of sports training.

Or

(b) Explain the importance of sports training.

12. (a) Explain the importance of techniques in sports.

Or

(b) Explain the stages of technical development.

13. (a) Explain the factors determining speed.

Or

(b) Write about coupling ability in co-ordination.

14. (a) Explain Swiss ball training.

Or

(b) Explain the circuit training.

15. (a) Explain factors of training load.

Or

(b) Explain frequency.

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[P.T.O]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the principles of sports training.

Or

(b) Explain the characteristics of sports training.

17. (a) Write in detail development of techniques in weight training.

Or

(b) Briefly explain the means and methods to improve the co-ordination.

18. (a) Define physical fitness. Explain various training methods to develop physical fitness.

Or

(b) Elucidate the methods to improve strength.

19. (a) Explain the means and methods of the development of endurance.

Or

(b) Explain the macro and meso cyclic process of training.

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20. (a) Explain the means and methods of the development of speed.

                Or

   (b) Explain the means and methods to improve the flexibility.

—————

(6 pages)   **Reg. No. :** ....

Code No. : 41258 E   Sub. Code : JMPE 5 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018

Fifth Semester

Physical Education – Main

Major Elective – SPORTS NUTRITION

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The food which gives sports person instant
     energy is

     (a)   Glucose   (b)   Butter

     (c)   Vitamin   (d)   Protein

2.   Which vitamin is provided by sunlight to the body.

     (a)   A   (b)   B

     (c)   C   (d)   D

3. How much calories we get from 1gm of fat?

    (a) 4.2 kcal   (b) 4.3 kcal

    (c) 9.1 kcal   (d) 7.5 kcal

4. Anemia occurs due to deficiency of

    (a) Calcium   (b) Iron

    (c) Vitamin   (d) None of these

5. Minerals required for Heamoglobin production

    (a) Sodium and Pottassium

    (b) Iron and Copper

    (c) Calcium and Phosphorous

    (d) Flourine and zinc

6. A balanced diet the percentage of Carbohydrate's

    (a) 50%   (b) 60%

    (c) 30%   (d) 15%

7. The main source of getting fat is

    (a) Fish   (b) Potato

    (c) Rice   (d) Butter

8. Intake of excess of vitamin caused

   (a) Good

   (b) Toxicity

   (c) Performance decreases

   (d) None of these

9. How can be reduce the body weight

   (a) Yoga

   (b) Exercise

   (c) Both

   (d) None of these

10. Where do we get the energy to work continuously

    (a) Anaerobic

    (b) Aerobic

    (c) Both

    (d) None

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain meaning and need for sports nutrition.

Or

(b) Write short notes on nature of sports nutrition.

12. (a) Give short notes about the type of vitamins.

Or

(b) Write short notes on fats?

13. (a) Write short notes on Glycemic index of food.

Or

(b) Give short notes about dietary fiber of food.

14. (a) Explain about the energy requirements for different sports persons.

Or

(b) Explain about the nutrition required for athletes and players.

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[P.T.O.]

15. (a) List down the warm up exercise.

Or

(b) Write down the tips of body weight control.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the importance of nutrition.

Or

(b) Explain the principles of diet planning.

17. (a) Explain about minerals and water.

Or

(b) Write about the composition of food and explain its function.

18. (a) Success in sports is determined by energy – Elicit.

Or

(b) Explain role of food in sports.

Page 5 **Code No. : 41258 E**

19. (a) How do people gain more weight? – explain.

Or

(b) Explain value of Nutrition.

20. (a) Prepare a diet chart for a football player.

Or

(b) Comment on the nutrition for athletes and players.

————————

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(6 pages)   **Reg. No. :** ....

Code No. : 40982 E   Sub. Code : GMPE 5 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education – Main

Major Elective – SPORTS NUTRITION

(For those who joined in July 2012-2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer:

1.   Which vitamin is responsible for blood clotting?

(a) A

(b) B

(c) C

(d) K

WS3

2. Body weight is normal when doing

   (a) Exercise

   (b) Fasting

   (c) Balanced diet

   (d) Exercise and balanced diet

3. The food cubic gives an athlete instant energy is

   (a) Glucose   (b) Butter

   (c) Vitamin   (d) Protein

4. Amount of water excreted by sweating

   (a) 100 – 300 ml

   (b) 300 – 500 ml

   (c) 500 – 700 ml

   (d) 700 – 1000 ml

5. Which vitamin is provided by sun light to be body?

   (a) Vitamin A   (b) Vitamin B

   (c) Vitamin C   (d) Vitamin K

6. Body mass index is

   (a) weight / age

   (b) weight × age

   (c) height – age

   (d) height × age

Page 2   **Code No. : 40982 E**

WS3

7. The main source of vitamin 'C' is

   (a) Egg

   (b) Orange

   (c) Milk

   (d) Banana

8. Obesity is

   (a) Over weight

   (b) Less weight

   (c) Normal weight

   (d) Ideal weight

9. Human body requires carbohydrates, proteins and fats in the proportion of

   (a) 4 : 2 : 1

   (b) 3 : 2 : 1

   (c) 3 : 1 : 1

   (d) 4 : 1 : 1

10. The blood pressure for high level competition is

   (a) High

   (b) Low

   (c) Normal

   (d) No difference

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the various types of exercise.

Or

(b) Explain obesity and suggest a exercise programme for obese people.

12. (a) Explain about the energy requirements for different sports person.

Or

(b) Write short notes on "Carbohydrates loading".

13. (a) Give a glance on the importance of nutrition in the field of physical education.

Or

(b) Write an account of sports nutrition.

14. (a) Explain the importance of water consumption and replacement procedure.

Or

(b) Give short notes about the type of vitamins.

15. (a) What is obesity? Explain.

Or

(b) Prescribe a weight loss programme.

Page 4 **Code No. : 40982 E**
[P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) "Success in sports is determined by nutrition" – Elicit.

Or

(b) Explain the balance of energy loss and energy gain through metabolism.

17. (a) Explain the need and importance of nutrition.

Or

(b) Explain the social relevance of sports nutrition.

18. (a) Define diet planning and explain a model diet planning for a long distance runner.

Or

(b) Explain the Ghycemic index of food.

19. (a) Why do people gain weight? Explain.

Or

(b) Modern technology drives Vs forwards obesity – prove.

Page 5 **Code No. : 40982 E**

20. (a) Elaborate about balanced diet and describe its important.

                    Or

    (b) Write about the composition of food and explain its functions.

——————

(7 pages) **Reg. No. :** ....

Code No. : 41350 E   Sub. Code : SMPE 22

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018

Second Semester

Physical Education

STATISTICS IN PHYSICAL EDUCATION

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer :

1.   Height, Weight and time are

(a)   Continuous variables

(b)   Discontinuous variable

(c)   Numerical variable

(d)   All of these

2. Cricket scores is recorded in

   (a) Continuous variable

   (b) Discontinuous variable

   (c) Quantitative data

   (d) Qualitative data

3. The formula for calculating median for ungrouped data is

   (a) $\dfrac{N+1}{2}$

   (b) $\dfrac{N+2}{2}$

   (c) $\dfrac{N}{2}$

   (d) None of these

4. The formula for calculating median for grouped data is

   (a) $1 + \left(\dfrac{\dfrac{N}{2} cJ}{fm} \right) i$

   (b) $AM + \left(\dfrac{\sum fd}{N} \right) i$

   (c) $\dfrac{N+1}{2}$

   (d) None of these

5. The deviation from the mean is

    (a) Z scores

    (b) Standard deviation

    (c) Mean deviation

    (d) None of these

6. Standard deviation represents

    (a) Central tendency of the data

    (b) Correlation of the data

    (c) Dispersion of the data

    (d) Probablity

7. In normal curve when the concentration of scores is above the centre and it tails off towards the left the skewness is

    (a) Positive

    (b) Negative

    (c) Both of these

    (d) None of these

8. The term Kurtosis refers to

    (a) Height of the curve

    (b) Length of the curve

    (c) Size of the curve

    (d) None of these

9.   The purpose of a correlation is to measure

    (a)   central tendency

    (b)   variation

    (c)   relative position

    (d)   relationships

10. An analysis of the association between two or more variables is called as

    (a)   Correlation   (b)   Co – ordination

    (c)   Deviation   (d)   None of these

        PART B — (5 × 5 = 25 marks)

    Answer ALL questions, choosing either (a) or (b).

    Each answer should not exceed 250 words.

11. (a)   Briefly discuss about descriptive statistics.

                    Or

    (b)   Briefly explain Relationship statistics.

12. (a)   Discuss the characteristics of mean.

                    Or

    (b)   What are the uses of median?

        Page 4   **Code No. : 41350 E**
                    [P.T.O.]

13. (a) Calculate range from the data given below :

6,5 5, 6, 8, 7,4,3,3,9, 10, 10, 21, 22, 23, 14, 14, 15, 24, 16, 26, 17, 18, 19.

Or

(b) Write down the uses of standard deviation.

14. (a) Illustrate about the skewness.

Or

(b) Illustrate about the kurtosis.

15. (a) List down the uses of correlation.

Or

(b) Measure the relationship between the variables in physical education with suitable examples.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) What are the types in statistics? Briefly explain them.

Or

(b) Enumerate the data.

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17. (a) Compute Mean and Median for the following from the frequency table :

110-119 120-129 130-139 140-149

1 3 5 8

150-159 160-169 170-179

6 4 3

Or

(b) What is frequency distribution? What are the main points to be considered while constructing the frequency table?

18. (a) Briefly explain the specific characteristics of measures of variability.

Or

(b) Enumerate the merits and demerits of mean deviation and quartile deviation.

19. (a) Calculate the 10th and 95th percentiles for the following scores

91, 89, 88, 87, 89, 91, 87, 92, 90, 98, 95, 97, 96, 100, 101, 96, 98, 99, 98, 100, 102, 99, 101, 105, 103, 107, 105, 106, 107, 112.

Or

(b) Calculate 2nd and 8th deciles of following ordered data 13, 13,13, 20, 26, 27, 31, 34, 34, 34, 35, 35, 36, 37, 38, 41, 41, 41, 45, 47, 47, 47, 50, 51, 53, 54, 56, 62, 67, 82.

20. (a) Illustrate the characteristics and use of T- scale.

Or

(b) Illustrate the characteristics and use of Hull scale.

————————

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Code No. : 41253 E　　　**Sub. Code : JMPE 22**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Second Semester

Physical Education — Main

STATISTICS IN PHYSICAL EDUCATION

(For those who joined in July 2016 only)

Time : Three hours　　　　　　Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which is not a measure of central tendency?
   (a) Mean　　　　　　(b) Median
   (c) Mode　　　　　　(d) Standard deviation

2. The formula for calculating median for ungrouped data is
   (a) $\dfrac{N+1}{2}$　　　　(b) $\dfrac{N+2}{2}$

   (c) $\dfrac{N}{2}$　　　　　(d) None of these

3. The formula for calculating median for grouped data is

(a) $1 + \left(\dfrac{\dfrac{N}{2} - cf}{fm} \right) i$

(b) $AM + \left(\dfrac{\Sigma fd}{N} \right) i$

(c) $\dfrac{N+1}{2}$

(d) None of these

4. How is the inter-quartile range computed?

(a) Q3-median (b) Median-Q1

(c) Q3-Q1 (d) Q1-mean

5. The formula for computing the Quartile deviation is

(a) $\dfrac{Q_3 - Q_1}{2}$

(b) $\dfrac{Q_1 - Q_2}{2}$

(c) $\dfrac{Q_2 - Q_1}{2}$

(d) None of these

6. If the mean lower than the median which result

(a) Positive skewness

(b) Negative skewness

(c) Positive negative skewness

(d) None of these

Page 2 **Code No. : 41253 E**

7. If the mean is higher than the median which result in

   (a) Positive skewness

   (b) Negative skewness

   (c) Positive negative skewness

   (d) None of these

8. In normal curve when the concentration of scores is above the centre and it tails off towards the left the skewness is

   (a) Positive   (b) Negative

   (c) Both of these   (d) None of these

9. The range of the possible magnitude of correlation extends from

   (a) -1.00 through .00. to $+1$

   (b) -1.00 through .00 to $+2$

   (c) $+1.00$ through .00 to -200

   (d) None of these

10. The degree of relationship between two variables is known as

   (a) Correlation   (b) Co-ordination

   (c) Deviation   (d) None of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Briefly explain Predicative statistics.

Or

(b) Continuous variable- Discuss in detail.

12. (a) Briefly explain about discrete variable.

Or

(b) What is attributes?

13. (a) Describe the merits and demerits of mode.

Or

(b) What are the uses of mean?

14. (a) Discuss the characteristics of mean.

Or

(b) What are the uses of median?

15. (a) Write the definition of mean, median and mode with formula for ungrouped Data.

Or

(b) Compare mean for 3, 4, 6, 8, 4, 3, 1.

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[P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the relationship of statistics with other studies.

Or

(b) Explain the need and importance of statistics in Physical education.

17. (a) Explain the history of statistics.

Or

(b) Explain the nature of statistics

18. (a) Describe the specific characteristics of measures of central tendency.

Or

(b) Write down the formula for mean, median, and mode for grouped data.

19. (a) Calculate quartile deviation for the data given below.

2, 2, 3, 4, 5, 6, 6, 7, 8

Or

(b) Explain the uses of standard deviation and quartile deviation

20. (a) Two volleyball coaches given marks 1 to 10 players as given below. Find out rank order correlation.

Coach 1 : 10 15 11 14 16 20 10 8 7 9

Coach 2: 16 16 24 18 22 24 14 10 12 14

Or

(b) Explain the types of statistics.

—————————

(6 pages)   **Reg. No. :** ....

Code No. : 40971 E   Sub. Code : GMPE 61

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Sixth Semester

Physical Education — Main

TEST AND MEASUREMENT IN PHYSICAL
EDUCATION

(For those who joined in July 2012-2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Test is a ———————— tool used to obtain
     response from the students in order to gain
     information.

     (a) Multiple   (b) Specific

     (c) Technique   (d) None of these

2. Which of the following is not a criterion of test selection?

    (a) Classification of test

    (b) Scientific authenticity

    (c) Education Application

    (d) Administrative feasibility

3. A test measures what is the purpose to measure is assessed by

    (a) Validity

    (b) Reliability

    (c) Objectivity

    (d) Norms

4. The instrument used for estimation of body fat is

    (a) Flexometer

    (b) Goniometer

    (c) Dynamometer

    (d) Skin fold caliper

5. Coppers 12 minute run/walk test measures

    (a) Speed

    (b) Cardio-respiratory endurance

    (c) Agility

    (d) Strength

6. Criteria of tests depends on

   (a) Validity   (b) Reliability

   (c) Objectivity   (d) All of these

7. Endurance can be measured to schoolchildren by ————————— run.

   (a) 1500 m   (b) 400 m

   (c) 600 m   (d) None of these

8. Strength can be measured to schoolchildren by ————————— instrument.

   (a) Discuss   (b) Shot put

   (c) Javelin   (d) Pole vault

9. Soccer skill is measured by

   (a) Miller wall volley test

   (b) MC Donald's test

   (c) Sports knowledge test

   (d) All the above

10. Dyer test is associated with

    (a) Tennis

    (b) Badminton

    (c) Athletics

    (d) Football

Page 3   **Code No. : 40971 E**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Write the definition and meaning of test and measurement.

Or

(b) Write the meaning of evolution in Physical Education.

12. (a) What are the points to be considered in Test administration? Explain.

Or

(b) Explain the classification of Test.

13. (a) Leg Dynameter Test-Explain the procedure?

Or

(b) Harward step test-Explain.

14. (a) What is the meaning of talent identification? Explain.

Or

(b) How can you measure the schoolchildren agility? Explain.

15. (a) Johnson Basketball ability test? Explain.

Or

(b) Mc Donald's soccer test? Explain

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe in detail the need and importance of measurement and evolution in Physical Education.

Or

(b) History of test, measurement and education — Explain.

17. (a) Criteria of test selection — Explain.

Or

(b) Explain the duties of tester during and after testing.

18. (a) Explain the procedure of test administration of AAPHERD Fitness test.

Or

(b) Cooper 12 minutes run / walk test — Explain.

Page 5   **Code No. : 40971 E**

19. (a) List down the SDAT Test Items and explain it.

                    Or

   (b) Explain health related physical fitness.

20. (a) Russell-Lange volleyball test-Explain the procedure and test.

                    Or

   (b) Knox Basketball Test.

————————

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(6 pages)   **Reg. No. : ....**

Code No. : 41256 E   Sub. Code : JMPE 51

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physics Education – Main

THEORIES OF GAME (BASKET BALL, CRICKET,
FOOTBALL, HOCKEY, VOLLEY BALL)

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The Oldest Football Cup is

    (a)   FA Cup   (b)   Santhosh Trophy

    (c)   Nehru Cup   (d)   Durand Cup

2.   "Murugappa Trophy" is associated with game of

    (a)   Hockey   (b)   Football

    (c)   Cricket   (d)   Basketball

3. What is the diameter of the Basket ball ring?

    (a) 400 mm   (b) 450 mm

    (c) 500 mm   (d) 350 mm

4. How many players are there in a Basket ball team?

    (a) 12   (b) 10

    (c) 7   (d) 5

5. How many types of pace balls are there is Cricket?

    (a) Two   (b) Three

    (c) Four   (d) Five

6. Is the wide ball included in the over in cricket

    (a) Yes   (b) No

    (c) Occasionally   (d) None of these

7. How many players consists of a foot ball team?

    (a) 10+3   (b) 10+4

    (c) 10+6   (d) 11 +7

8.   What is the breadth of the Hockey field?

    (a)   55m   (b)   60m

    (c)   62m   (d)   54m

9.   What is the weight of the Volley Ball?

    (a)   260 gm   (b)   280 gm

    (c)   270 gm   (d)   290 gm

10.   What is the breadth of the Volley ball court?

    (a)   8 mts   (b)   10 mts

    (c)   12 mts   (d)   9 mts

        PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11.   (a)   Explain the History of Indian Hockey.

                    Or

    (b)   Explain 24 seconds role in Basketball.

        Page 3   **Code No. : 41256 E**

12. (a) What is 'Bye' in Cricket?

Or

(b) Explain any two techniques in Cricket.

13. (a) Explain the 'Throw in' in Football.

Or

(b) Briefly explain the methods of tie breaking in Football.

14. (a) Explain Double Foul in Basketball.

Or

(b) Explain the applied mechanics in Scooping in Hockey.

15. (a) Explain the officials duty in Volleyball.

Or

(b) Explain the Under Arm Service in Volleyball.

Page 4 **Code No. : 41256 E**
[P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Draw a diagram of Basketball court with all measurements.

Or

(b) Explain the world history of Basketball.

17. (a) Explain any two techniques in cricket.

Or

(b) Explain the batsman out situation in Cricket.

18. (a) Explain about the Goal-Keeping in Football.

Or

(b) Draw a football field with all measurements.

19. (a) Explain about warming-up training in Hockey.

Or

(b) Explain any two methods of teaching the fundamental skills in Hockey.

Page 5   **Code No. : 41256 E**

20. (a) Draw a neat diagram of Volleyball court with all measurements.

Or

(b) Draw a Volleyball score sheet and explain the method of Scoring.

————————

Reg. No. : ....

Code No. : 41353 E   **Sub. Code : SAPE 31**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education— Allied

THEORIES OF GAMES – I (KABADDI, KHO-KHO,
HAND BALL)

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   In which Olympic Games, the Kho-Kho game was
     played as a Demonstration game?

     (a)   1904   (b)   1896

     (c)   1908   (d)   1964

2.   The First Asian Kho-Kho Championship was
     started in

     (a)   1996   (b)   1975

     (c)   1998   (d)   1980

3. Where was the first Asian Kho-Kho Championship held?

   (a)   Calcutta   (b)   Chennai

   (c)   China   (d)   Pune

4. In Kabaddi, what is the symbol of "Time Out"?

   (a)   _   (b)   /

   (c)   Δ   (d)   T

5. In Kabaddi, what is the symbol of " Lona Point"?

   (a)   _   (b)   /

   (c)   Δ   (d)   T

6. The total number of official for Kabaddi games?

   (a)   4   (b)   6

   (c)   5   (d)   2

7. The term "Active Defender" is associated with ──────────

   (a)   Hockey   (b)   Kho-Kho

   (c)   Badminton   (d)   Foot ball

8. The term "To Recede" is associated with ──────────

   (a)   Hockey   (b)   Kho-Kho

   (c)   Badminton   (d)   Foot ball

9. The Width of Entry zone in kho kho is

   (a)   50 cm   (b)   40 cm

   (c)   30 cm   (d)   60 cm

10. The duration of Handball (men) match is

    (a) 10-20-10 Min   (b) 30-10-30 Min

    (c) 25-10-25 Min   (d) 30-5-30 Min

        PART B — (5 × 5 = 25 marks)

    Answer ALL questions choosing either (a) or (b).

    Each answer should not exceed 250 words.

11. (a) Explain the Kho-Kho Federation of India.

                        Or

    (b) Describe the history of Kabaddi in India.

12. (a) Explain the type of escape in Kabaddi.

                        Or

    (b) Briefly explain Tie-breaking system in the Kho-Kho game.

13. (a) Draw a neat diagram of Kabaddi court.

                        Or

    (b) Explain the pole turn in Kho-Kho.

14. (a) List down the position of play in defence in Kabaddi.

                        Or

    (b) Explain various signals in Kho-Kho.

15. (a) Draw a neat diagram of Handball court.

                        Or

    (b) Explain the defensive tactics in handball.

    Page 3   **Code No. : 41353 E**

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the Indian history in Kho-Kho

Or

(b) Explain the various defensive tactics and strategy in Kabaddi.

17. (a) List down various types of offensive skills in Kho-Kho and explain their duties.

Or

(b) List down the officials of the Kabaddi game and explain their duties.

18. (a) List down the official signals with suitable diagrams in Handball.

Or

(b) List down the various system of play in Handball.

19. (a) Explain the pole drive in Kho-Kho.

Or

(b) Explain various signals in Kabaddi.

20. (a) Tie – breaking system in the Handball game.

Or

(b) Draw a diagram of Kho-Kho court and mark all measurements.

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Reg. No. : ....

Ws20

Code No. : 40969 E   **Sub. Code : GMPE 51**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education — Main

THEORIES OF GAMES

(For those who joined in July 2012 – 2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The father of Basketball is ————————.

   (a) William Morgan

   (b) James Naismith

   (c) Harry Crowbuck

   (d) Holger Nilson

2. The total height of the wickets including bails is
———————.

   (a) 28.5″   (b) 25.5″

   (c) 29.5″   (d) 22.5″

3. What is the colour of ball used in limited over match?

   (a) Red   (b) White

   (c) Orange   (d) Green

4. What is the maximum circumstance of a football?

   (a) 80 cm   (b) 60 cm

   (c) 75 cm   (d) 70 cm

5. In which year was the FIFA established?

   (a) 1904   (b) 1929

   (c) 1937   (d) 1943

6. When does a team rotate in a Volleyball game?

   (a) Every time a team lose a point

   (b) Every time team win a point

   (c) After opponent team serves and team win a point

   (d) After own team serves and lose a point

7. Dhyanchand related to ————————.

   (a) Basket ball

   (b) Foot ball

   (c) Cricket

   (d) Hockey

8. ———————— is the curved end of the stick.

   (a) Handle

   (b) Blade

   (c) Butt

   (d) Knob

9. Which is the first Indian cricket tournament?

   (a) Bombay series

   (b) Bombay triangular

   (c) Pepsi cup

   (d) None of these

10. Who is the first Indian bowler to take all ten wickets in an innings?

    (a) Anil Kumble

    (b) Chetan Sharma

    (c) Bapu Nakarni

    (d) Kapil Dev

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PART B — (5 × 5 = 25 marks)

Answer ALL questions.

Each answer should not exceed 250 words.

11. (a) Briefly explain the history of Basketball in India.

Or

(b) Write short notes on BCCI.

12. (a) Explain about specific warmup for football.

Or

(b) Elucidate the essential fitness components for Hockey players.

13. (a) Explain the fundamental skills in Volleyball.

Or

(b) Write about wicket keeping in Cricket.

14. (a) Explain any two tactics in Volleyball.

Or

(b) Elucidate any two lead up games in football.

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[P.T.O.]

15. (a) Briefly explain the rules to be followed during penalty Corner in Hockey.

Or

(b) Draw a neat diagram of Basketball with all specifications.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the history of Hockey in India.

Or

(b) Write an essay on FIVB.

17. (a) Elaborate the training methods for a Basketball players.

Or

(b) Prepare a training schedule for a University level football player.

18. (a) Explain the various skills in football.

Or

(b) Explain the various fielding positions in Cricket.

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19. (a) Write the tactics and strategies in basketball in detail.

Or

(b) Elucidate the duties and responsibilities of first referee in Volleyball.

20. (a) Write an essay on tie-breaking in Hockey.

Or

(b) Explain the methods of layout and maintenance of cricket oval.

—————————————

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Code No. : 41348 E   Sub. Code : SMPE 12

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

First Semester

Physical Education — Main

THEORIES OF GYMNASTICS

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   Who is the father of Gymnastics?

   (a)   Thomas

   (b)   William G. Morgan

   (c)   Fredrich John

   (d)   Albert

2. Gymnastics exercises are scored with points ranging from

   (a) 10-100   (b) 1-100

   (c) 0-10   (d) 1-50

3. Height of the parallel bars

   (a) 2.40 mts   (b) 3 mts

   (c) 1.70 mts   (d) 2.50 mts

4. Thickness of the Pommel is

   (a) 2.5 m.m.   (b) 18 m.m.

   (c) 10 m.m.   (d) 28 m.m.

5. Which state stands first in the Indian Gymnastics?

   (a) Assam   (b) West Bengal

   (c) Madhya Pradesh   (d) Orissa

6. World cup Gymnastics competition is held in every —————— years.

   (a) 5   (b) 1

   (c) 2   (d) 4

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7. Diameter of the Horizontal bar is

    (a)   23 mm   (b)   28 mm

    (c)   25 mm   (d)   24 mm

8. Length of the parallel bar is

    (a)   2.50 m   (b)   3.50 m

    (c)   4.00 m   (d)   3.75 m

9. The Greek word 'Gymnos' means

    (a)   Naked   (b)   Brisk

    (c)   Strong   (d)   Able

10. The first training school for gymnastic teacher in
    Denmark is initiated by

    (a)   Gutsmuth

    (b)   Franz Nachtegall

    (c)   Fredrich John

    (d)   Adolph Spices

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the history of Gymnastics in World.

Or

(b) Describe the types of Gymnastics competition.

12. (a) Write down any three skills in Parallel bars.

Or

(b) Explain the L-Hang and Inverted Hang in Roman Rings.

13. (a) Briefly explain the types of Gymnastics.

Or

(b) What are the exercises done in floor exercise?

14. (a) Briefly explain Vaulting Horse skills.

Or

(b) Explain the L-Hang and Inverted Hang in Roman Rings.

15. (a) Explain the History of Gymnastics in Asia.

Or

(b) Write down load and training qualities of the Gymnastics Coaches.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Discuss Warm up and conditioning exercise in Gymnastics.

Or

(b) Write down the equipments with their specifications and maintenance of gymnastic.

17. (a) Discuss history of Indian Gymnastics.

Or

(b) Draw a neat diagram of floor area and explain any three skills for men.

18. (a) Briefly explain the types of Gymnastics.

Or

(b) Write about responsibility of superior judge.

19. (a) What is Cart Wheel? Briefly explain the support and common errors in Cart wheel.

Or

(b) Explain the Pommel Horse skills.

20. (a) Briefly explain Vaulting Horse skills.

Or

(b) Write down any three skills in Parallel bars.

———————

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Code No. : 41257 E   Sub. Code : JMPE 52

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education–Main

THEORIES OF TRACK AND FIELD

(For those who joined in July 2016 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The word "Athletics" is derived from

       (a)   Athlete   (b)   Athlon

       (c)   Aerobics   (d)   Sports

2.   Who is the president of IAAF?

       (a)   Sergu Bubka   (b)   Sebastian Coe

       (c)   Suresh Kalmadi   (d)   None of these

3. The height of the finishing post shall be

   (a)   1.22 mts   (b)   1.30 mts

   (c)   1.40 mts   (d)   None of these

4. Middle distance runner must have

   (a)   Endurance   (b)   Speed

   (c)   Both   (d)   None of these

5. Length of the cross bar in high jump

   (a)   3.75 mts   (b)   4.00 mts

   (c)   4.10 mts   (d)   4.25 mts

6. Long Jump Landing are shall be

   (a)   10 × 75 mts   (b)   7 to 9 mts

   (c)   2.75 to 3mts   (d)   9 ×2.75 mts

7. Direction of the running shall be

   (a)   Right   (b)   Left

   (c)   Curve   (d)   None of these

8. The height of a hurdle in men 110 mts hurdle race is

   (a)   1.067 mts   (b)   1.67 mts

   (c)   .91 mts   (d)   .84 mts

9. Who is responsible for operating the timing deice in athletics?

   (a) Chief time keeper

   (b) First referee

   (c) Chief photo finish judge

   (d) None of these

10. ——————— is a standard tract.

   (a) 200 mts   (b) 400 mts

   (c) Both   (d) None of these

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b),
   each answer should not exceed 250 words.

11. (a) Explain the history of tract and field in Asia.

                    Or

   (b) Explain the history of tract and field in India.

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12. (a) Explain run through technique in athletic events.

         Or

     (b) Explain crouch start in athletic events.

13. (a) Explain flying techniques in long jump.

         Or

     (b) Explain the techniques in holding grip of discuss throw.

14. (a) List down the decathlon event and explain.

         Or

     (b) Explain the techniques in Hurdles event.

15. (a) Write down the need and importance of Tract and field.

         Or

     (b) Draw a neat diagram of 400 mts standard tract and mark 100 mts run starting and finishing point.

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                              [P.T.O.]

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b),
each answer should not exceed 600 words.

16. (a)   Explain the functions of AFI.

Or

(b)   Explain the history of olympics.

17. (a)   Explain Warm – up and warm – down
exercise.

Or

(b)   Write down the types of start and explain the
standing start techniques.

18. (a)   Draw a neat diagram of Long jump and
Triple jump run way and landing area with
all necessary measurements.

Or

(b)   Draw a neat diagram of High Jump and
Javelin throw sector with all measurements.

19. (a)   Describe the Tie – breaking system in High
Jump.

Or

(b)   Describe the "Triathlon" event and scoring
system.

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20. (a) Draw a neat diagram of 200 mts tract and mark 200 mts run starting and finishing points.

Or

(b) Explain the official duties in pole vault.

———————

(6 pages)   **Reg. No. :** ....

Code No. : 40970 E   Sub. Code : GMPE 52

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Fifth Semester

Physical Education — Main

THEORIES OF TRACK AND FIELD

(For those who joined in July 2012-2015)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1.   The headquarters of Asian Athletic Association is
    ——————————.

   (a) New Delhi

   (b) China

   (c) Singapore

   (d) Switzerland

2. ———————— is the control body of Indian Athletics.

   (a) IAAF   (b) IAF

   (c) AFI   (d) AAFI

3. Bunch starts is related to ——————————.

   (a) 100 m   (b) 1500 m

   (c) Long jump   (d) Marathan

4. The term 'Mitch Kick' is related to ——————————.

   (a) High jump   (b) Long jump

   (c) Shot put   (d) 100 m

5. Pentathlon consists of —————————— events.

   (a) 3

   (b) 5

   (c) 7

   (d) 10

6. The length of runway in long jump is ——————.

   (a) 30 – 35 m

   (b) 35 – 40 m

   (c) 40 – 45 m

   (d) 45 – 50 m

7. The height of 110m hurdle is ———————.

    (a) 0.914 m

    (b) 1.01 m

    (c) 1.067 m

    (d) 1.12 m

8. What is an anchor?

    (a) A style in shotput

    (b) The final leg of a relay race

    (c) Take off leg

    (d) Related to hurdles

9. In proper sprinting form the body leans in which direction?

    (a) Forward

    (b) Sideways

    (c) Straight up

    (d) Backward

10. The overall length of the Javelin for men is ————————.

    (a) 2.10 – 2.20 m

    (b) 2.20 – 2.30 m

    (c) 2.40 – 2.50 m

    (d) 2.60 – 2.70 m

Page 3   **Code No. : 40970 E**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the history of track and field in Asia.

Or

(b) Write short notes on field events.

12. (a) Elucidate the safety measures in track and field.

Or

(b) Briefly explain the training methods to improve strength.

13. (a) Explain the sprinting techniques in sprinting events.

Or

(b) Write short notes on triathlon.

14. (a) Explain about warm down exercises.

Or

(b) Write about CDR and RDR.

Page 4   **Code No. : 40970 E**
[P.T.O.]

15. (a) Draw a neat diagram of hurdle and explain its specifications.

Or

(b) Briefly explain the methods of baton exchange in relay races.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the history of Athletics in India.

Or

(b) Elaborate the organization of National level track and field events.

17. (a) Prepare a model training schedule for long jumper.

Or

(b) Write an essay on training load.

18. (a) Explain the techniques to be followed in long distance run.

Or

(b) Write the competition rules to be followed in Javlin throw competition.

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19. (a) Write an essay on Decathlon.

Or

(b) Explain the techniques to be followed in Polevault.

20. (a) Explain the scoring system of combined events.

Or

(b) Explain the methods of making 4×100 m relay race with diagram.

_____

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Code No. : 41266 B   Sub. Code : JNPE 3 A

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education

Non-Major Elective — THEORIES OF YOGA

(For those who joined in July 2016 only)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. யோகாவின் தந்தை என அழைக்கப்படுபவர்

    (அ) மகாவீரர்

    (ஆ) யோகி மகரிஷி

    (இ) பதஞ்சலி

    (ஈ) யோகி கபில்

    Who is considered to be the father of yoga

    (a)   Mahaveer   (b)   Yogi Mahars

    (c)   Patanjali   (d)   Yogikapil

2.   யோகா கூறும் செய்தி

   (அ)   விலங்குகள்

   (ஆ)   பறவைகள்

   (இ)   மனிதநேயம்

   (ஈ)   மரம்

   Yoga is the message for

   (a)   Animals   (b)   Birds

   (c)   Humanity   (d)   Tree

3.   பதஞ்சலி யோக நிலையின் முதல் படி

   (அ)   ஆசனம்

   (ஆ)   யாமா

   (இ)   பிராயணயாமம்

   (ஈ)   நியாமா

   The first limb of Patanjali yoga is

   (a)   Asana   (b)   Yama

   (c)   Pranayama   (d)   Niyama

4.   ஆசனத்தின் பொருள்

   (அ)   மூச்சு விடுதல்

   (ஆ)   சுய கட்டுப்பாடு

   (இ)   ஊடலின் தோற்ற அமைப்பு

   (ஈ)   பதற்றம்

The meaning of asana is

(a)　breathing

(b)　self discipline

(c)　posture

(d)　tension

5.　இடது நாசி சுவாசம் எவ்வாறு அழைக்கப்படுகிறது?

(அ)　சூரியநாடி

(ஆ)　கிரியா

(இ)　சந்திர நாடி

(ஈ)　சூஸ்மன நாடி

The left nostril breath is called as

(a)　Suriya Nadi

(b)　Kriya

(c)　Chandra Nadi

(d)　Sushumna Nadi

6.　புஜங்கஜானாவின் கடைசி நிலை என்பது

(அ)　மரம்

(ஆ)　விளக்கு

(இ)　டான்ஸ்

(ஈ)　கோப்ரா

Last stage of Bhujangajana is like

(a)   Tree

(b)   Lamp

(c)   Dance

(d)   Cobra

7.   புஜங்கஜானாவின் கடைசி நிலை என்பது

(அ)   கவனம்

(ஆ)   உணர்தல்

(இ)   சுய உணர்தல்

(ஈ)   சுய கட்டுப்பாடு

Yama means

(a)   Focusing

(b)   Sensation

(c)   Self realization

(d)   Self control

8.   நிதான ஆசனா என்பது

(அ)   தனுராசனம்

(ஆ)   வஜ்ரசனம்

(இ)   சவசானம்

(ஈ)   எதுவுமில்லை

Relaxation asana is

(a) Dhanurasana

(b) Vajrasana

(c) Savasana

(d) None

9. வயிற்றை வலுவடைய செய்யும் ஆசனம்

(அ) மாப்ராசனம்   (ஆ) சமசனா

(இ) ஹலசானா   (ஈ) வாஜிரசனா

Asana which strengthens the abdomen.

(a) Mabrasana   (b) Samasana

(c) Halasana   (d) Vajrasana

10. கிரியா என்பது

(அ) உடலை சுத்தம் செய்தல்

(ஆ) மூடுதல்

(இ) மூச்சு அடக்குதல்

(ஈ) ஒன்றுமில்லை

Kriya means

(a) Cleaning the body   (b) Closing

(c) Breath holding   (d) None

Page 5   **Code No. : 41266 B**

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (அ) பல்வேறு தசைகளின் வகைகளை விவரி.

Explain the various types of muscles.

Or

(ஆ) பைவொட் மூட்டு என்பதை விவரி.

Explain pivot joint.

12. (அ) உணவு செரிமான மண்டல படத்தை வரைந்து பாகங்களை குறிப்பிடுக.

Draw a neat diagram of digestive — System.

Or

(ஆ) சுவாசத்தின் வகைகளை விவரி.

Explain the types of breathing.

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13. (அ) கிரியாவைப் பற்றி எழுதுக.

    Write about Kiriyas.

    Or

    (ஆ) யோக பயிற்சியினால் நரம்பு மண்டத்தில் ஏற்படும் பயன்களை விவரி.

    Explain neurological benefits of yogic practices.

14. (அ) யோக பயிற்சியினால் இராசயன மண்டலத்தில் ஏற்படும் செயல்பாட்டை விவரி.

    Explain the role of yogic practices on — Endocrine system.

    Or

    (ஆ) உடல் கல்வி தியானம் பங்கு குறித்து சிறு குறிப்பு எழுதுக.

    Write short notes on role of meditation in Physical Education.

15. (அ) நாளமில்லா அமைப்புகளில் யோகப் பயிற்சிகள் தாக்கத்தினை வரையறு.

Describe the yogic practices impact on endocrine system.

Or

(ஆ) யோகா மற்றும விளையாட்டு இடையே வித்தியாசத்தை எழுதுங்கள்.

Write the difference between yoga and sports.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (அ) யோக பயிற்சியினால் இரத்த ஓட்ட மண்டலத்தில் ஏற்படும் செயல்பாட்டை விவரி.

Explain the role of yogic practices on – Circulatory – system.

Or

(ஆ) ஆசானா மற்றும் பிராணாயாமம் செய்வதால் ஏற்படும் உடற்வுறு இயவு மாற்றம் பற்றி விவரி.

Explain the physiological benefits of Asanas and Pranayama.

17. (அ) சக்கரங்களின் உடற்வுறு நன்மைகளை விளக்குக.

   Explain the physiological benefits of chakras.

   Or

   (ஆ) யோக பயிற்சியினால் நரம்பு மண்டலத்தில் ஏற்படும் மாற்றத்தை விவரி.

   Discuss the effects of yogic practices on Nervous system.

18. (அ) பந்தா செய்வதால் ஏற்படும் உடற்வுறு மாற்றத்தை எழுதுக.

   Explain the physiological benefits of Bandhas.

   Or

   (ஆ) சிறு குறிப்பு வரைக :

   (i) ஆராய்ச்சி குறிப்புகள்.

   (ii) குன்டலினி சக்தி.

   (iii) தோல்.

   Write short notes on any two of the following.

   (i) Research evidences

   (ii) Kundalini Shakti

   (iii) Skin.

19. (அ) ஆசனங்களின் வகைகளை விளக்குக.

    Explain the Classification of asanas.

    Or

    (ஆ) யோகசனாவிற்கும், உடற்பயிற்சிக்கும் இடையேயான வித்தியாசத்தை எழுதுக.

    Write the difference between Yogasana and Physical Exercises.

20. (அ) யோகா முத்திரை மற்றும் மஹா முத்திரைக்கு இடையேயான நட்புறும், பயனும் யாது?

    What are technique and benefits between yoga mudra and maha mudra?

    Or

    (ஆ) மெழுகுவர்த்தி தியானத்தின் நுட்பத்தையும், பயன்களையும் விளக்குக.

    Explain the technique and benefits in candle meditation

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B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester

Physical Education

Non-Major Elective — THEORIES OF YOGA

(For those who joined in July 2016 only)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Who is considered to be the father of yoga

    (a) Mahaveer   (b) Yogi Mahars

    (c) Patanjali   (d) Yogikapil

2. Yoga is the message for

    (a) Animals   (b) Birds

    (c) Humanity   (d) Tree

3. The first limb of Patanjali yoga is

    (a) Asana

    (b) Yama

    (c) Pranayama

    (d) Niyama

4. The meaning of asana is

    (a) breathing

    (b) self discipline

    (c) posture

    (d) tension

5. The left nostril breath is called as

    (a) Suriya Nadi

    (b) Kriya

    (c) Chandra Nadi

    (d) Sushumina Nadi

6. Last stage of Bhujangajana is like

    (a) Tree

    (b) Lamp

    (c) Dance

    (d) Cobra

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7. Yama means

    (a) Focusing

    (b) Sensation

    (c) Self realization

    (d) Self control

8. Relaxation asana is

    (a) Dhanurasana

    (b) Vajrasana

    (c) Savasana

    (d) None

9. Asana which strengthens the abdomen.

    (a) Mabrasana

    (b) Samasana

    (c) Halasana

    (d) Vajrasana

10. Kriya means

    (a) Cleaning the body

    (b) Closing

    (c) Breath holding

    (d) None

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the various types of muscles.

Or

(b) Explain pivot joint.

12. (a) Draw a neat diagram of digestive — System.

Or

(b) Explain the types of breathing.

13. (a) Write about Kiriyas.

Or

(b) Explain neurological benefits of yogic practices.

14. (a) Explain the role of yogic practices on — Endocrine system.

Or

(b) Write short notes on role of meditation in Physical Education.

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[P.T.O.]

15. (a) Describe the yogic practices impact on endocrine system.

Or

(b) Write the difference between yoga and sports.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the role of yogic practices on – Circulatory – system.

Or

(b) Explain the physiological benefits of Asanas and Pranayama.

17. (a) Explain the physiological benefits of chakras.

Or

(b) Discuss the effects of yogic practices on Nervous system.

18. (a) Explain the physiological benefits of Bandhas.

Or

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(b) Write short notes on any two of the following.

    (i)   Research evidences

    (ii) Kundalini Shakti

    (iii) Skin.

19. (a) Explain the Classification of asanas.

                    Or

   (b) Write the difference between Yogasana and Physical Exercises.

20. (a) What are technique and benefits between yoga mudra and maha mudra?

                    Or

   (b) Explain the technique and benefits in candle meditation.

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Code No. : 41349 E   **Sub. Code : SMPE 21**

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Second Semester

Physical Education — Main

THEORIES OF YOGA

(For those who joined in July 2017 onwards)

Time : Three hours   Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer.

1. How many Vedas are?
   (a) Five   (b) Six
   (c) Three   (d) Four

2. Dhyna means
   (a) relaxation   (b) meditation
   (c) posture   (d) dedication

3. Which of the following is deals with non violence?
   (a) Ahimsa   (b) Sathya
   (c) Asthaya   (d) Pramacharya

4. Which of the following should be followed before doing asanas?

   (a) Clean place   (b) Comfortable wear

   (c) Right time   (d) All

5. Relaxative asana is

   (a) Vajrasana   (b) Paschimottanasana

   (c) Makarasana   (d) Veerasana

6. In Pranayama prana means

   (a) vital energy   (b) oxygen

   (c) shakthi   (d) all the above

7. Meditation related with

   (a) heart   (b) lungs

   (c) brain   (d) kidney

8. Kriya means

   (a) meditation   (b) clean

   (c) concentration   (d) all the above

9. Trataka kriya for

   (a) nasal cavity   (b) skull

   (c) stomach   (d) eye

10. Jalendira bhandha is

   (a) abdomen lock   (b) chin lock

   (c) anus lock   (d) all

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the aim and objectives of yoga.

                        Or

     (b) Explain the concept of yoga.

12. (a) Explain about the classification of yoga.

                        Or

     (b) Explain about the yogic exercise.

13. (a) Explain the procedure of doing kneeling position asanas.

                        Or

     (b) Explain the physiological benefits of asanas.

14. (a) Explain the bhandhas and its types.

                        Or

     (b) Explain the breath control through Pranayama.

15. (a) Write the meaning and importance of meditation.

                        Or

     (b) Explain the need of meditation in physical education.

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PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the history of yoga in detail.

Or

(b) Explain about the meaning of yoga and its aim.

17. (a) Explain about the various stages of Pathanjali's yoga.

Or

(b) Explain about the system of yoga.

18. (a) Explain about the physiological benefits for Mayurasana.

Or

(b) Explain about the physiological benefits for Sirasana.

19. (a) Explain any two procedures of doing prone position asana.

Or

(b) Explain about the physiological benefits for Danurasana and Bhujangasana.

20. (a) Explain about the meditation in detail.

Or

(b) Explain about the need of meditation in physical education.

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