

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)  
EXAMINATION, NOVEMBER 2020**

M.P.Ed.

**Paper IX—INTRODUCTION TO YOGA AND YOGA THERAPY : THEORETICAL  
APPROACH**

Time : Three Hours

Maximum : 75 Marks

I. Fill in the blanks :

- 1) \_\_\_\_\_ involves breathing control and exercise.
- 2) \_\_\_\_\_ is otherwise known as karma marga.
- 3) Yoga is a \_\_\_\_\_ of life.
- 4) \_\_\_\_\_ is the path of self discipline and practice.
- 5) \_\_\_\_\_ is otherwise known as eight limbed yoga.

(5 × 1 = 5 marks)

II Write answers in *one* word :

- 1) Abnormal increase in blood pressure is called as what ?
- 2) What is a person who practice yoga called as ?
- 3) Withdrawal of senses is known as what ?
- 4) What is the term used in yoga to refer duties or observance ?
- 5) The technique of breath control in yoga is known as what ?
- 6) Sanchita, Prabhadha and Agami are three types of what ?
- 7) What asana is known as the cobra pose ?
- 8) How many poses are there in suryanamaskar ?
- 9) Mountain pose is the term used to mention which asana ?
- 10) Prolapsed or inflammation to the vertebrae causes what ?

(10 × 1 = 10 marks)

**Turn over**

III. Match the following :

Table A	Table B
1 Elevated blood sugar	1 Self change
2 Janana marga	2 Sarvangasana
3 Forceful	3 Asanas
4 Asthma	4 196 principles.
5 Shoulder stand	5 Accumulated past actions
6 Yoga sutra	6 Future results
7 Sanchatha	7 Lung disease
8 Agami	8 Hatha
9 Samkara re-engineering	9 Diabetics
10 postures	10 Janana yoga

(10 × 1 = 10 marks)

IV. State True or False :

- 1) Karma is getting what you give or done. (True/False)
- 2) Obstructive pulmonary disease can be cured by practicing pranayama. (True/False)
- 3) Yoganitra is a type of meditation. (True/False)
- 4) Obesity can leads to joint problems. (True/False)
- 5) Kalpalapathi is also known as skull shine breathing. (True/False)

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1) Explain the powers of non conscious mind.
- 2) Yoga is a science in itself - Explain.
- 3) Explain chitta.

(3 × 5 = 15 marks)

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Write short notes on any *five* of the following :

- 1) Dhayana.
- 2) Pathmasana.
- 3) Conscious mind.
- 4) Suryanamaskar.
- 5) Breathing types.
- 6) Niyama.
- 7) Kriyas.
- 8) Vrittis.

(5 × 3 = 15 marks)

Answer any *one* of the following :

- 1) Explain the preventive effect of asanas and pranayama on non communicable diseases.
- 2) Explain various streams of Yoga.

(1 × 15 = 15 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)  
EXAMINATION, NOVEMBER 2020**

M.P.Ed.

Paper VIII—KINESIOLOGY AND SPORTS BIOMECHANICS

Time : Three Hours

Maximum : 75 Marks

I. Fill in the blanks :

- 1 The state of being thick, sticky and semi fluid due to internal force is known as \_\_\_\_\_.
- 2 Shoulder joint is a \_\_\_\_\_ joint.
- 3 \_\_\_\_\_ describes the relationship between the body and the forces acting on it and its motion due to it.
- 4 Objects thrown in the air are called \_\_\_\_\_.
- 5 Friction is a type of \_\_\_\_\_ force.

(5 × 1 = 5 marks)

II. Write answers in *one word* :

- 1 Applied force, friction, air resistance are examples of what ?
- 2 The ability of an object to resume to normal shape after being stretched is called what ?
- 3 A rigid body rotating around an axis is known as what?
- 4 Name the constant force acting on every object ?
- 5 What is the point at which all the forces acts on a body ?
- 6 Measures of energy transfer are known as what ?
- 7 State of rest or of uniform motion referred to what ?
- 8 What is the force exerted by the fluid on bodies floating on it. ?
- 9 What is the state of rest of the body known as ?
- 10 What is the movement in a straight line called ?

(10 × 1 = 10 marks)

**Turn over**

III. Match the following :

Table A	Table B
1 Hinge joint	1 Fulcrum.
2 Magnetic force	2 Mechanical advantage.
3 Energy of motion	3 Third order lever.
4 Point of rotation	4 Viscosity.
5 Triceps extension	5 First law.
6 Levers	6 Density.
7 Jaw movement	7 First order lever.
8 Law of inertia	8 Internal force.
9 Mass per unit volume	9 Kinetic energy.
10 Stickiness of fluids	10 Elbow.

(10 × 1 = 10 marks)

IV. State True or False :

- 1 The sum of potential energy and kinetic energy is called mechanical energy. (True / False)
- 2 State of rest of a body is called equilibrium. (True/False)
- 3 Force arm means the amount of force applied on the arm. (True/False)
- 4 Friction is one of the reason for the spin of the cricket ball. (True/False)
- 5 Jumping involves spring energy. (True/False)

(5 × 1 = 5 marks)

V. Write briefly on :

- 1 Explain Newton's third law of motion with examples.
- 2 Explain the role of biomechanics in Physical education.
- 3 Explain the types of equilibrium with examples.

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following

- 1 Uniform motion.
- 2 Projectiles.

- 3 Impact and elasticity.
- 4 Energy.
- 5 Centripetal force.
- 6 Momentum.
- 7 Stroboscopy.
- 8 Friction.

VII. Answer any *one* of the following :

- 1 Explain the biomechanical principles involved in lifting.
- 2 Explain the need and importance of movement analysis

(5 × 3 = 15 marks)

sports and games.

(1 × 15 = 15 marks)

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**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR/SUPPLEMENTARY)  
EXAMINATION, NOVEMBER 2020**

M.P.Ed.

Paper VII—PSYCHOLOGY OF SPORTS

Time : Three Hours

Maximum : 75 Marks

I. Fill in the blanks :

- 1) \_\_\_\_\_ is known as the father of Sports psychology.
- 2) \_\_\_\_\_ is a method of relaxation therapy involving auto suggestion.
- 3) In a \_\_\_\_\_ feedback the output enhances the original stimulus.
- 4) The type of behavior that intended at causing physical or mental harm is known as \_\_\_\_\_.
- 5) The state of being physiologically alert and attentive is called \_\_\_\_\_.

(5 × 1 = 5 marks)

II. Write answers in *one* word :

- 1) Transmit ion of evaluations is otherwise called as what ?
- 2) The way in which one acts and conducts himself is called what ?
- 3) What is called the subjective evaluations of one's worth called as ?
- 4) What is the ability to acquire knowledge and skill called as ?
- 5) The desire to act or to move towards a goal is known as what ?
- 6) What is the term referred to retribution of an offence ?
- 7) Feeling of emotional and/or physical tension is called as what ?
- 8) Name the process which involves listening to people's problems to suggest remedies ?
- 9) A talk intended to make someone feel more courageous or enthusiastic is called as what ?
- 10) Identification and interpretation of sensory information is called as what ?

(10 × 1 = 10 marks)

Turn over

III. Match the following :

Table A	Table B
1 Cohesion	1 Motivation
2 Violent behavior	2 Criticism
3 Linking bond	3 Concentration
4 Personality	4 Recognition of service
5 Desire to achieve	5 Anxiety
6 Expression of disapproval	6 Psychotherapy
7 Reward	7 Distinctive character
8 Fear	8 Team cohesion
9 Focusing	9 Aggression
10 treatment	10 Bond

(10 × 1 = 10 marks)

IV. State True or False :

- 1) The combination of characteristics and qualities of an individual is called anxiety. (True/False)
- 2) Identification and interpretation of sensory information is called perception. (True/False)
- 3) Focusing all your attention on a matter is called arousal. (True/False)
- 4) Detection of internal or external stimulation is called sensation. (True/False)
- 5) The scientific study of mind and behavior known as Psychology. (True/False)

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1) Explain the reversal theory.
- 2) Explain the concept of success and failure.
- 3) Explain the role of anxiety on performance.

(3 × 5 = 15 marks)

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Write short notes on any *five* of the following :

- 1) Psychotonic training.
- 2) Training scripts.
- 3) Self-hypnosis.
- 4) Group cohesion.
- 5) Perception.
- 6) Intrinsic motivation.
- 7) Anxiety.
- 8) Audience effect on performance.

(5 × 3 = 15 marks)

Answer any *one* of the following :

- 1) What is psychology ? Explain the meaning nature and scope of psychology in sports.
- 2) What is aggression and explain types of aggression found in sports and games.

(1 × 15 = 15 marks)

**THIRD SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2020**

M.P.Ed.

**Paper IX—INTRODUCTION TO YOGA AND YOGA THERAPY : THEORETICAL APPROACH**

Time : Three Hours

Maximum : 75 Marks

## I. Fill in the blanks :

- 1 \_\_\_\_\_ means getting what you give.
- 2 \_\_\_\_\_ is a practitioner of yoga.
- 3 Sanskara re-engineering is a method of \_\_\_\_\_.
- 4 \_\_\_\_\_ is otherwise known as yogic sleep.
- 5 \_\_\_\_\_ is the withdrawal of senses.

(5 × 1 = 5 marks)

## II. Write answers in one word :

- 1 Elevated fasting blood sugar is a symptom of what ?
- 2 What is meant by CNS ?
- 3 What is the alternative name for janana yoga ?
- 4 The path of self discipline and practice is named as what ?
- 5 What is the alternative name for skull shine breathing ?
- 6 How many divisions are there in yoga ?
- 7 Sarvangasana is otherwise known as what ?
- 8 What is the term used in yoga to refer duties or observance ?
- 9 Accumulated past action is referred to as what ?
- 10 Futur actions that result from your present action is called as what ?

(10 × 1 = 10 marks)

## III. Match the Following :

Table A

- 1 Pathanjali
- 2 OPD
- 3 Breathing control
- 4 Arthritics
- 5 Raja yoga
- 6 Eight limped yoga
- 7 Hatha
- 8 Yoga sutra
- 9 Asanas
- 10 Yoga

Table B

- 1 Self discipline and practice
- 2 Way of life
- 3 Forceful
- 4 196 principles
- 5 Asthanga yoga.
- 6 Postures.
- 7 Pranayama.
- 8 Lung disease.
- 9 Joint problems.
- 10 Yoga sutra.

(10 × 1 = 10 marks)

## IV. State True or False :

- 1 Asthma is a heart related disease. (True / False)
- 2 Mudras involve breathing control and regulations. (True / False).
- 3 Karma yoga and Bakthi yoga are closely related to each other. (True / False)
- 4 Atherosclerosis is caused by deposition of fat on the walls of the blood vessels. (True / False).
- 5 Arthritics is caused by the inflammation of airways. (True / False).

(5 × 1 = 5 marks)

## V. Write Briefly on :

- 1 Yoga is an art and science - Explain.
- 2 Explain the role of yoga in treating lower back pain.
- 3 Explain suryanamaskar.

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following :

- 1 Samadi.
- 2 Dharana.
- 3 Kriya.
- 4 Niyama.
- 5 Non-communicable disease.
- 6 Vrittis.
- 7 Pathanjali.
- 8 Meditation.

VII Answer any *one* of the following :

- 1 Explain the physiological benefits of asanas and pranayama.
- 2 Explain the functions and power of conscious mind.

(5 × 3 = 15 marks)

(1 × 15 = 15 marks)



**THIRD SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2020**

M.P.Ed.

**Paper VIII—KINESIOLOGY AND SPORTS BIOMECHANICS**

Time : Three Hours

Maximum : 75 Marks

**I. Fill in the blanks :**

- 1 \_\_\_\_\_ describes the relationship between the body and the forces acting on it and its motion due to it.
- 2 Spring force is an example of \_\_\_\_\_.
- 3 The sum of potential energy and kinetic energy is called \_\_\_\_\_ energy.
- 4 Measures of energy transfer is known as \_\_\_\_\_.
- 5 The state of balance is called \_\_\_\_\_.

(5 × 1 = 5 marks)

**II. Write answers in *one* word :**

- 1 The shortest distance from the initial to the final point of movement is called as what ?
- 2 Stored energy is called as what ?
- 3 What is the point at which all the forces acts on a body ?
- 4 A rigid body rotating around an axis is known as what ?
- 5 Give an example for first order lever.
- 6 State of rest or of uniform motion referred to what ?
- 7 The force exerted on a object immersed on is known as what ?
- 8 What is the movement in a straight line called ?
- 9 What is the law of inertia otherwise known as ?
- 10 What is the ability of an object to stay on the surface of a liquid known as ?

(10 × 1 = 10 marks)

**III. Match the Following :**

Table A

- 1 Slow motion analysis
- 2 Gravity
- 3 Projectiles

Table B

- 1 External force
- 2 Magnetic force
- 3 Ball and socket

**Turn over**

Table A

- 4 Air resistance
- 5 Internal force
- 6 Energy of motion
- 7 Stretchability
- 8 Fulcrum
- 9 Mechanical advantage
- 10 Shoulder joint

Table B

- 4 Kinetic energy
- 5 Elasticity
- 6 Point of rotation
- 7 Downward pull
- 8 Levers
- 9 Thrown in the air
- 10 Stroboscope

(10 × 1 = 10 marks)

## IV. State True or False :

- 1 Angle, elbow and wrist joints are examples of hinge joints. - (True / False)
- 2 Kinetic energy is associated with the motion and position of an object. - (True / False)
- 3 The ability of an object to resume to normal shape after being stretched is called Buoyancy. - (True / False)
- 4 Triceps extension is an example for third order lever. - (True / False)
- 5 Friction is one of the reason for spin in cricket. - (True / False)

(5 × 1 = 5 marks)

## V. Write Briefly on :

- 1 Explain Newton's third law of motion with examples.
- 2 Explain the types of levers.
- 3 Explain the principle of work and energy.

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following :

- |                      |                     |
|----------------------|---------------------|
| 1 Biomechanics       | 2 Shoulder joint.   |
| 3 Centripetal force. | 4 Dynamic friction  |
| 5 Viscosity.         | 6 Types of energy.  |
| 7 Movement analysis. | 8 Angular kinetics. |

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 Analyze and explain the biomechanical principles involved in throwing.
- 2 Explain the factors influencing equilibrium.

(1 × 15 = 15 marks)

**THIRD SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2020**

M.P.Ed.

## Paper VII—PSYCHOLOGY OF SPORTS

Time : Three Hours

Maximum : 75 Marks

## I. Fill in the blanks :

- 1 The settled way of thinking or feeling about something is known as \_\_\_\_\_.
- 2 Relaxation therapy involving auto suggestion is called \_\_\_\_\_.
- 3 Identification and interpretation of sensory information is called \_\_\_\_\_.
- 4 Focusing all your attention on a matter is called \_\_\_\_\_.
- 5 The state of being physiologically alert and attentive is called \_\_\_\_\_.

(5 × 1 = 5 marks)

## II. Write answers in one word :

- 1 Who is known as the father of Sports psychology ?
- 2 Transmission of evaluations is otherwise called as what ?
- 3 The type of behavior that intended at causing physical or mental harm is known as what ?
- 4 What is scientific study of mind and behavior known as ?
- 5 The change resulting from practice or a novel experience is called as what ?
- 6 The desire to act or to move towards a goal is known as what ?
- 7 What is imposition of penalty ?
- 8 What is recognition of service ?
- 9 What is the reason for conditions like increased alertness and fear ?
- 10 Name the process which involves listening to people's problems to suggest remedies ?

(10 × 1 = 10 marks)

Turn over

## III. Match the Following :

*Table A*

- 1 Distinctive character
- 2 Cohesion
- 3 Violent behavior
- 4 Awake
- 5 Stimulus
- 6 Expression of disapproval
- 7 Acts and conducts
- 8 Reward
- 9 Positive feedback
- 10 Concentration

*Table B*

- 1 Sensation.
- 2 Criticism.
- 3 Behavior.
- 4 Focusing.
- 5 Encouragement.
- 6 Motivation.
- 7 Bond.
- 8 Arousal.
- 9 Aggression.
- 10 Personality.

(10 × 1 = 10 marks)

## IV. State True or False :

- 1 In a positive feedback the output enhances the original stimulus. (True / False).
- 2 The reversal theory is related to personality. (True / False)
- 3 The combination of characteristics and qualities of an individual is called aggression. (True / False)
- 4 The ability to acquire knowledge and skill is known as tactics. (True / False).
- 5 Feeling of physical or emotional tension is known as stress. (True / False).

(5 × 1 = 5 marks)

## V. Write Briefly on :

- 1 Explain the role of counseling in sports.
- 2 Explain the composition of personality.
- 3 Explain self-hypnosis.

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following :

- 1 Self assessment.
- 2 Psychotonic training.
- 3 Training scripts.
- 4 Perception.
- 5 Refocusing.
- 6 Extrinsic motivation.
- 7 Aggression.
- 8 Anxiety.

VII. Answer any *one* of the following :

- 1 Explain the application of psychology in sports.
- 2 Explain the influence of intelligence on motor ε

(5 × 3 = 15 marks)

and performance.

(1 × 15 = 15 marks)

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