

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

B.P.Ed.

EC 302—CURRICULUM DESIGN

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

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

I. 1 Explain fundamental principles of construction a curriculum.

Or

2 National and Professional policies on education.

II. 1 Importance of studying curriculum design in Physical education.

Or

2 Explain the factors influencing curriculum.

III. 1 “Teachers are who know best what the curriculum should like” comment on this statement by considering the role of the teacher in curriculum construction.

Or

2 Need and importance of curriculum development.

(3 × 15 = 45 marks)

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

1 Focalization

2 Importance of curriculum research.

3 Individualization

4 Personnel qualification, Equipment and facilities and Climatic consideration as factors affecting curriculum.

(3 × 5 = 15 marks)

Turn over

Answer any **fifteen** of the following.

Each question carries 1 mark.

- V. 1 Full form of UGC is?
- (a) University Granting Council. (b) University Grants Commission.
(c) University Grants Council. (d) University Graded Campus.
- 2 'Children should have opportunities for a broad, suitably weighted range of experience' is which basic principle of curriculum construction ?
- (a) Progression. (b) Depth.
(c) Breadth. (d) Coherence.
- 3 Experience from a college or university is considered as ?
- (a) Primary socialization. (b) Secondary socialization.
(c) Tertiary socialization. (d) Quaternary socialization.
- 4 Successful learners > Confident individuals > Effective contributors > _____ ?
- (a) Responsible Citizens. (b) Graduate Citizens.
(c) Good teachers. (d) Productive educators.
- 5 _____ is the focus of study, consisting of various courses all design to reach a particular qualification ?
- (a) Course. (b) Syllabus.
(c) Lesson Plan. (d) Curriculum.
- 6 An individual who relatively permanent change behaviour as a result of experience is ?
- (a) Teacher. (b) Professor.
(c) Learner. (d) Researcher.
- 7 Which commission envisages common education as 10 +2 +3 ?
- (a) Yashpal Commission. (b) Kothari Commission.
(c) Gadgil Commission. (d) Sadler Commission.

- 8 Focalization means ?
- (a) Point of focus. (b) Point of contact.
(c) Point of realization. (d) Point of view.
- 9 Which research provides evidences useful to the society ?
- (a) Applied research. (b) Action research.
(c) Pure research. (d) Developmental research.
- 10 _____ is responsible for all round development of individual ?
- (a) Research. (b) Degree.
(c) Education. (d) Curriculum.
- 11 What are the aims and roles of UGC ?
- (a) Provide fund.
(b) Set standards for Universities.
(c) Determine and maintain the ethics.
(d) All of the above.
- 12 Fun embodied in the form of activities to refresh one's body and mind is ?
- (a) Refreshment. (b) Recreation.
(c) Major games. (d) Athletics.
- 13 Elements of teaching-Learning process are ?
- (a) Teacher, Learner and Learning situation.
(b) Course, Text book and Student.
(c) Syllabus, Teacher and College.
(d) Curriculum, Syllabus and Text book.
- 14 _____ research is a type of evaluation study ?
- (a) Historical. (b) Action.
(c) Experimental. (d) Applied.

15 NCERT means ?

- (a) National Council of Emerging Research and Teaching
- (b) National Council of Education Recreation and Training
- (c) National Council of Educational Research and Training
- (d) National Council of Educational Research and Teaching

16 Which socialization occurs throughout our life ?

- (a) Secondary.
- (b) Primary.
- (c) Quaternary socialization.
- (d) Tertiary socialization.

17 What is an outline and timeline of a particular course ?

- (a) Teacher.
- (b) Lesson Plan.
- (c) Curriculum.
- (d) Syllabus.

(15 × 1 = 15 marks)

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

B.P.Ed.

EC 301—SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

Write any **one** question from Question Number I to III in detail not exceeding **three** pages.

Each question carries 15 marks.

- I. 1 Explain the need and importance of the study of sports injuries for physical education teachers.
- Or*
- 2 List and explain the principles of therapeutic exercises.
- II. 1 Explain the first aid measures for contusion, sprain and dislocation.
- Or*
- 2 Explain physiotherapy and list its importance in the field of sports and games.
- III. 1 Classify therapeutic exercises and its effects.
- Or*
- 2 What is hydrotherapy ? List the treatment modalities under hydrotherapy.
- (3 × 15 = 45 marks)
- IV. Write short notes on any *three* of the following. Each question carries 5 marks :
- 1 First aid measures for fracture.
 - 2 Whirlpool bath.
 - 3 Free mobility exercise.
 - 4 Infrared therapy.
- (3 × 5 = 15 marks)
- V. Answer any *fifteen* of the following. Each question carries 1 mark :
- 1 Ligament injury is called :
 - (a) Contusion.
 - (b) Sprain.
 - (c) Strain.
 - (d) Dislocation.

Turn over

- 2 Restoring all or some of patients physical, sensory and psychological capabilities lost due to injury is called :
- (a) Rehabilitation. (b) Restoring.
(c) Reinforcement. (d) Counseling.
- 3 Break of bone is called :
- (a) Laceration. (b) Fracture.
(c) Dislocation. (d) Contusion.
- 4 "Information about injuries" is one of the objectives of :
- (a) Physical education. (b) Health Education.
(c) Sports Medicine. (d) Rehabilitation.
- 5 Which of the following comes under first aid ?
- (a) CPR. (b) Splints.
(c) Bandaging. (d) All of these.
- 6 Involuntary and painful contraction of a muscle or muscles is called :
- (a) Dislocation. (b) Strain.
(c) Twitching. (d) Cramp.
- 7 Reasons of muscle cramp is/are :
- (a) Fatigue. (b) Over use.
(c) Electrolyte imbalance. (d) All of these.
- 8 Use of electrical energy as a medical treatment is called :
- (a) Hydrotherapy. (b) Electrotherapy.
(c) Magnet Therapy. (d) Cryotherapy.
- 9 Cryotherapy is also known as :
- (a) Cold Therapy. (b) Cry therapy.
(c) Electrical therapy. (d) Hydrotherapy.
- 10 The Steam bath :
- (a) Opens skin pores. (b) Loosen up the muscles.
(c) Helps you relax. (d) All of these.

- 11 _____ provides dry heat.
- (a) Steam bath. (b) Sauna Bath.
(c) Whirlpool bath. (d) None of these.
- 12 _____ provides wet heat.
- (a) Steam bath. (b) Sauna Bath.
(c) Whirlpool bath. (d) None of these.
- 13 _____ have wavelength shorter than visible light.
- (a) Ultraviolet rays. (b) Infrared rays.
(c) X - rays. (d) All of these.
- 14 A movement created by external force is called :
- (a) Active Movement. (b) Passive movement.
(c) Free movement. (d) None of these.
- 15 Biceps curl is an example of :
- (a) Concentric movement. (b) Eccentric movement.
(c) Dynamic movement. (d) Static movement.
- 16 Elbow extension is an example of :
- (a) Concentric movement. (b) Eccentric movement.
(c) Dynamic movement. (d) Static movement.
- 17 Free mobility exercise can :
- (a) Improve range of motion. (b) Improves posture.
(c) Reduces pain in joints. (d) All of these.
- 18 "Hip opener" is a :
- (a) Free mobility exercise. (b) Weight training technique.
(c) Body building skill. (d) First aid measure.

(15 × 1 = 15 marks)

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

B.P.Ed.

CC 303—SPORTS PSYCHOLOGY AND SOCIOLOGY

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

Write any **one** question from Question Number I to III in detail not exceeding **three pages**.

Each question carries 15 marks.

- I. 1 What is educational sports psychology ? Elaborate its importance in the process of Physical Education.

Or

- 2 What is Personality ? Explain the dimensions of Personality.

- II. 1 Briefly Explain :

- a) Transfer of learning.
- b) Maturation.
- c) Performance arousal.

Or

- 2 Briefly explain :

- a) Anxiety in sports.
- b) Motive and drive.
- c) Law of readiness.

- III. 1 Explain the basic principles of growth and development.

Or

- 2 Explain different methods used to study social phenomenon.

(3 × 15 = 45 marks)

Turn over

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

- 1 Culture and personality.
- 2 Socialisation and sports.
- 3 Features of primary group.
- 4 Customs in sports.

(3 × 5 = 15 marks)

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

- 1 Individual differences exist because of _____.
 - a) Heredity.
 - b) Environment.
 - c) Heredity and environment.
 - d) Sports.
- 2 The theory of learning by conditioned reflex was proposed by _____.
 - a) Pavlov.
 - b) Thorndike.
 - c) Kohler.
 - d) Bandura.
- 3 What is the most common feature of Extroversion ?
 - a) Confine to oneself.
 - b) Reach out to others.
 - c) Think about one self.
 - d) None of the above.
- 4 The method of learning in which several wrong attempts are done before learning happens is _____.
 - a) Trial and error.
 - b) Conditioned reflex.
 - c) Insight learning.
 - d) Imitation learning.
- 5 What kind of an experience is cognition ?
 - a) Feeling.
 - b) Actual.
 - c) Action.
 - d) Knowing.
- 6 What kind of a representation of learning is known as learning curve ?
 - a) Drawing.
 - b) Graphical.
 - c) Computer.
 - d) Neural.

- 15 Name the element of a person that enables to be aware of the world and their experiences, to think, and to feel :
- a) Soul.
 - b) Mind.
 - c) Super consciousness.
 - d) Sensory organs.
- 16 Observable pattern of responses is generally known as _____.
- a) Reflex action.
 - b) Behaviour.
 - c) Character.
 - d) None of these.
- 17 _____ is a striving experience.
- a) Conation.
 - b) Cognition.
 - c) Affection.
 - d) Perception.
- 18 What experience of a person is known as modification of behaviour ?
- a) Learning.
 - b) Perception.
 - c) Adjustment.
 - d) Performance.

(15 × 1 = 15 marks)

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

B.P.Ed.

CC 302—COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

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

Each question carries 15 marks.

- I. a) Elucidate the meaning, need and importance of information and communication technology (ICT) in sports and games.

Or

- b) Explain the procedure for preparation of mail merge in MS Word.

- II. a) Discuss the application software's used in physical education and sports.

Or

- b) Describe the features of MS Excel.

- III. a) Explain the formatting and editing features available in MS Excel.

Or

- b) Major features of MS PowerPoint.

(3 × 15 = 45 marks)

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

- a) How can you show your presentation online in Power Point 2013 ?
- b) How can you play music for the duration of your slide show in PowerPoint ?
- c) How many data formats are available in Excel ? Name some of them.
- d) Specify the order of operations used for evaluating formulas in Excel.
- e) How to add foot-note and end note in word ?

(3 × 5 = 15 marks)

Turn over

Answer any **fifteen** of the following.

Each question carries 1 mark.

- V. 1 Add, subtract, multiple and logic operations are performed by :
- (a) Memory. (b) Control Unit.
(c) ALU. (d) None of the above.
- 2 The intersection areas in rows and columns in spreadsheet are called :
- (a) Box. (b) Cells.
(c) Line. (d) None of the above.
- 3 The heart of the computer is :
- (a) Input Unit. (b) ALU.
(c) RAM. (d) CPU.
- 4 In computer technology a compiler means :
- (a) Same thing as a program.
(b) A program into object program.
(c) A person who compiles source programme.
(d) None of above.
- 5 VGA stands for :
- (a) Volatile graphic access. (b) Video graphic array.
(c) Video graphic adapter. (d) None of the above.
- 6 What is the file extension of PowerPoint Application ?
- (a) docx. (b) .ppt.
(c) .xls. (d) .jpeg.
- 7 Handout Master is defined by :
- (a) Slide formatting. (b) Layout of handout.
(c) Slide transaction. (d) Layout of slide.
- 8 Shortcut key to open pre-made Presentation is :
- (a) CTRL + O. (b) CTRL + A.
(c) CTRL + N. (d) CTRL + L.

- 9 Which is the basic element of PowerPoint ?
- (a) Slide. (b) Page.
(c) File. (d) Sheet.
- 10 Which function in Excel tells how many numeric entries are there ?
- (a) NUM. (b) COUNT.
(c) SUM. (d) CHKNUM.
- 11 Statistical calculations and preparation of tables and graphs can be done using :
- (a) Adobe Photoshop. (b) Excel.
(c) Notepad. (d) Power Point.
- 12 Which function in Excel checks whether a condition is true or not ?
- (a) SUM. (b) COUNT.
(c) IF. (d) AVERAGE.
- 13 Which can be used for quick access to commonly used commands and tools word ?
- (a) Status bar. (b) Tool bar.
(c) Menu bar. (d) Title bar.
- 14 By default, on which page the header and footer printed ?
- (a) On first page. (b) On alternate page.
(c) On every page. (d) None of the above.
- 15 Ctrl + G is used to :
- (a) Open Paragraph Dialog box activating Goto Tab.
(b) Open Page Setup Dialog box activating Goto Tab.
(c) Open Find and Replace Dialog box with activating Goto Tab.
(d) Open Goto Dialog box.
- 16 Computer files can exist in folders but folders cannot exist in a :
- (a) Paths. (b) Files.
(c) Folders. (d) Documents.

17 Computer menu is a collection of :

- (a) Commands.
- (b) Orders.
- (c) Instructions.
- (d) Icons.

18 "NT" in windows NT stands for :

- (a) Not tested.
- (b) Network terminal.
- (c) Network technology.
- (d) New technology.

(15 × 1 = 15 marks)

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**THIRD SEMESTER B.P.Ed. DEGREE [REGULAR/SUPPLEMENTARY]
EXAMINATION, NOVEMBER 2021**

B.P.Ed.

CC 301—SPORTS TRAINING

(2015 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

Write any **one** question from Question Numbers I to III in detail not exceeding **three pages**.

Each question carries 15 marks.

I. 1 What is flexibility and explain the methods of its development.

Or

2 Explain form of speed and describe any *one* method for the development of acceleration ability.

II. 1 What is tactical training and describe about the method of tactical training ?

Or

2 What is Training load and explain the various components of load.

III. 1 What is Planning and explain about the principles of planning.

Or

2 Define Periodization and explain the aims and contents of various periods.

(3 × 15 = 45 marks)

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

1 Aims and objectives of sports training.

2 List down the co-ordinative abilities.

3 Internal and external load.

4 Technical training.

(3 × 5 = 15 marks)

Turn over

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

- 1 Bench press is coming under which type of exercise :
 - (A) Isokinetic.
 - (B) Isotonic.
 - (C) Isometric.
 - (D) Plyometric.
- 2 Which ability is common to speed and co-ordinative ability :
 - (A) Reaction ability.
 - (B) Rhythm ability.
 - (C) Acceleration ability.
 - (D) Locomotor ability.
- 3 Degree of accuracy denotes :
 - (A) Orientation ability.
 - (B) Adaptation ability.
 - (C) Rhythm ability.
 - (D) Differentiation ability.
- 4 IRM is related to :
 - (A) Speed training.
 - (B) Endurance training.
 - (C) Strength training.
 - (D) Flexibility training.
- 5 The Rate of doing the work is interpreted as :
 - (A) Intensity.
 - (B) Volume.
 - (C) Density.
 - (D) Duration.
- 6 The colour of the fast twitch muscle fiber is :
 - (A) White.
 - (B) Red.
 - (C) Blue.
 - (D) Yellow.
- 7 Stair case method comes under which principle :
 - (A) Principle of specificity.
 - (B) Principle of progression of load.
 - (C) Principle of continuity.
 - (D) Principle of cyclicality.
- 8 Swinging method of training is for improving :
 - (A) Co-ordination.
 - (B) Reaction time.
 - (C) Flexibility.
 - (D) Speed.

- 9 What do you develop during preparatory phase-I :
- (A) Tactics. (B) Specific fitness.
(C) Strategy. (D) General fitness.
- 10 High altitude training is specifically for developing :
- (A) Strength. (B) Endurance.
(C) Flexibility. (D) Agility.
- 11 Which is not a training method to improve endurance :
- (A) Fartlek training. (B) Varied Pace method.
(C) High altitude training . (D) Plyometric training.
- 12 ROM is associated with :
- (A) Flexibility. (B) Speed.
(C) Strength. (D) Agility.
- 13 Red Muscle Fibres are more seen in :
- (A) Long distance runners. (B) Sprinters.
(C) Throwers. (D) Jumpers.
- 14 Which method of training not a specific method for improving flexibility :
- (A) Slow stretch method. (B) Post-isometric stretch.
(C) Ballistic Method. (D) Reactive Method.
- 15 Exercises with less weight and more repetition improves :
- (A) Explosive strength. (B) Maximum Strength.
(C) Endurance. (D) Speed.
- 16 Ability to work under the conditions of fatigue is called :
- (A) Speed. (B) Agility.
(C) Strength. (D) Endurance.
- 17 Plyometric training is for the development of:
- (A) Flexibility. (B) Explosive strength.
(C) Agility. (D) Endurance.

18 The longest training cycle is called :

- (A) Meso Cycle. (B) Micro Cycle.
(C) Macro Cycle. (D) Mega Cycle.

(15 × 1 =15 marks)

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