

**THIRD YEAR B.P.E. (SPECIAL SUPPLEMENTARY) DEGREE EXAMINATION  
NOVEMBER 2017**

**Paper XV—SCIENTIFIC PRINCIPLES OF COACHING**

(2002 Admissions)

Time : Three Hours

Maximum : 75 Marks

*Answer any three questions from Part A and two from Part B.*

**Question VIII is compulsory.**  
*All questions carry equal marks.*

**Part A**

- I. Explain the means and methods for the development of Motor abilities. (15 marks)
- II. Write short notes on the following :
- (a) Factors determining speed abilities.
  - (b) Overload.
  - (c) Qualities of a Coach.
- (3 × 5 = 15 marks)
- III. Write short notes on :
- (a) Significance of Load components.
  - (b) Periodisation.
  - (c) Forms of Strength.
- (3 × 5 = 15 marks)
- IV. Explain the following :—
- (a) PNF stretching.
  - (b) Orientation ability.
  - (c) Fartlek Training.
- (3 × 5 = 15 marks)
- V. Briefly describe :
- (a) Aims and objectives of Sports Training.
  - (b) Interval training.
  - (c) Conditioning.
- (3 × 5 = 15 marks)

**Part B**

- VI. Explain the aims, objectives and principles of sports training. (15 marks)
- VII. Explain the following :
- (a) Psychological Training.
  - (b) Macro Cycle.
  - (c) Forms of Endurance.
- (3 × 5 = 15 marks)
- VIII. Write short notes on any *five* of the following :
- (a) Transitional Period.
  - (b) Reaction Ability.
  - (c) Active stretching.
  - (d) Fatigue.
  - (e) Adaptation.
  - (f) Pep Talk.
  - (g) Speed barrier.
  - (h) Internal Load.

(5 × 3 = 15 marks)

**THIRD YEAR B.P.E. (SPECIAL SUPPLEMENTARY) DEGREE EXAMINATION  
NOVEMBER 2017**

Paper XIV—TEST MEASUREMENT IN PHYSICAL EDUCATION

(2002 Admissions)

Time : Three Hours

Maximum : 75 Marks

*Answer any **three** questions from Part A and **two** from Part B.*

**Question VIII is compulsory.**

*All questions carry equal marks.*

**Part A**

I. Explain the criteria for selection of test.

(15 marks)

II. Write short notes on the following :—

- (a) Flexibility.
- (b) Brady Volleyball Test.
- (c) Frequency Tables.

(3 × 5 = 15 marks)

III. Write short notes on :

- (a) Sampling Techniques.
- (b) Quartile Deviation.
- (c) Computer applications in Physical Education.

(3 × 5 = 15 marks)

IV. Explain the following : —

- (a) General Motor Ability.
- (b) Reliability.
- (c) Balanced Diet.

(3 × 5 = 15 marks)

**Turn over**

V. Briefly describe :

- (a) Somatotypes.
- (b) Cardiorespiratory endurance.
- (c) Measures of Central Tendency.

(3 × 5 = 15 marks)

**Part B**

VI. Explain the need and importance of test and measurement in Physical Education.

(15 marks)

VII. Explain the following :—

- (a) Mc Donald Soccer Test.
- (b) Broer Miller Tennis Test.
- (c) Johnson Basketball ability Test.

(3 × 5 = 15 marks)

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

- (a) Vital Capacity.
- (b) Agility.
- (c) Bar Diagrams.
- (d) Population.
- (e) Percentile.
- (f) Skin fold measures.
- (g) Blood Pressure.
- (h) Isotonic Movement.

(5 × 3 = 15 marks)

**THIRD YEAR B.P.E. (SPECIAL SUPPLEMENTARY) DEGREE EXAMINATION  
NOVEMBER 2017**

**Paper XIII—PHYSIOTHERAPY, CORRECTIVE PHYSICAL EDUCATION AND ADAPTED  
PHYSICAL EDUCATION**

(2002 Admissions)

Time : Three Hours

Maximum : 75 Marks

*Answer any **three** questions from Part A and **two** from Part B.*

*. **Question VIII is compulsory.***

*All questions carry equal marks.*

**Part A**

- I. Describe in detail about the classification of massage manipulations and their therapeutic uses. (15 marks)
- II. Write short notes on the following :  
(a) Body Types.  
(b) Active Movements.  
(c) Fundamental Positions. (3 × 5 = 15 marks)
- III. Write short notes on :  
(a) Adapted Physical Education.  
(b) Posture Grid.  
(c) Contraindications of Massage. (3 × 5 = 15 marks)
- IV. Explain the following :  
(a) Types of Disabilities.  
(b) Isometric Exercises.  
(c) Corrective Physical Education. (3 × 5 = 15 marks)
- V. Briefly describe :  
(a) IOWA Posture Test.  
(b) Group Therapy.  
(c) Aids used by the Handicapped. (3 × 5 = 15 marks)

**Turn over**

**Part B**

VI. Define posture and explain the types of postural deviations, their causes and corrective exercises. (15 marks)

VII. Explain the following :

- (a) New York Posture Rating Test.
- (b) Relaxation.
- (c) Muscle Strength Assessment.

(3 × 5 = 15 marks)

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

- (a) Pedograph.
- (b) Artificial Limbs.
- (c) Goals of Adapted Physical Education.
- (d) Objectives of Corrective Physical Education.
- (e) Assisted movements.
- (f) Progressive Resistance Exercises.
- (g) Effleurage.
- (h) Exercise Therapy.

(5 × 3 = 15 marks)

**THIRD YEAR B.P.E. (SPECIAL SUPPLEMENTARY) DEGREE EXAMINATION  
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Paper XII—MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

(2002 Admissions)

Time : Three Hours

Maximum : 75 Marks

Answer any **three** questions from Part A and **two** from Part B.

**Question VIII is compulsory.**

*All questions carry equal marks.*

**Part A**

I. Define Supervision. Describe the principles and techniques of supervision in Physical Education and Sports.

(15 marks)

II. Write short notes on the following :

- (a) Importance of Financial Management.
- (b) Intra Murals.
- (c) Types of Equipment.

(3 × 5 = 15 marks)

III. Write short notes on :

- (a) Facility Management.
- (b) Leadership.
- (c) Public Relations.

(3 × 5 = 15 marks)

IV. Explain the following :

- (a) Purchase Procedures.
- (b) Time table.
- (c) Personal Management.

(3 × 5 = 15 marks)

V. Briefly describe :

- (a) Class management.
- (b) Store Keeping.
- (c) Care and maintenance of Gymnasium.

(3 × 5 = 15 marks)

**Turn over**

## Part B

VI. Explain the need, importance and scope of management in Physical Education. (15 marks)

VII. Explain the following :

- (a) Instruction of Swimming Pool.
- (b) Student Leaders.
- (c) Media and Sports.

(3 × 5 = 15 marks)

VIII. Write short notes on any five of the following :

- (a) Attendance and Records.
- (b) Time management.
- (c) Disposal of Equipment.
- (d) Maintenance of Play field.
- (e) Supervision of swimming pool.
- (f) Budget.
- (g) Petty Cash.
- (h) Pay day.

(5 × 3 = 15 marks)



**Part B**

VI. Explain the need, importance and scope of management in Physical Education. (15 marks)

VII. Explain the following :

- (a) Construction of Swimming Pool.
- (b) Student Leaders.
- (c) Media and Sports.

(3 × 5 = 15 marks)

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

- (a) Attendance and Records.
- (b) Time management.
- (c) Disposal of Equipment.
- (d) Maintenance of Play field.
- (e) Supervision of swimming pool.
- (f) Budget.
- (g) Petty Cash.
- (h) Play day.

(5 × 3 = 15 marks)

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**THIRD YEAR B.P.E. (SPECIAL SUPPLEMENTARY) DEGREE EXAMINATION  
NOVEMBER 2017**

Paper XI—FOUNDATION OF PHYSICAL EDUCATION

(2002 Admissions)

Time : Three Hours

Maximum : 75 Marks

Answer any **three** questions from Part A and **two** from Part B.

**Question VIII is compulsory.**

*All questions carry equal marks.*

**Part A**

I. Explain the meaning, aims and objectives, nature and principles of Physical Education.

(15 marks)

II. Write short notes on the following :

- (a) Idealism.
- (b) Recreation.
- (c) Biped position-advantages and disadvantages.

(3 × 5 = 15 marks)

III. Write short notes on :

- (a) Laws of Learning.
- (b) Socialization.
- (c) Anatomical and Physiological age.

(3 × 5 = 15 marks)

IV. Explain the following : —

- (a) Theories of Play.
- (b) Leadership.
- (c) Factors and conditions promoting learning.

(3 × 5 = 15 marks)

**Turn over**

V. Briefly describe :

- (a) Meaning and aims of Education.
- (b) Role of PE in National Integration.
- (c) Physical Education as an art.

(3 × 5 = 15 marks)

**Part B**

VI. Explain the principles governing physical and motor growth and development.

(15 marks)

VII. Explain the following :—

- (a) Professional preparation in Physical Education.
- (b) Sex differences.
- (c) Body Types.

(3 × 5 = 15 marks)

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

- (a) Pragmatism.
- (b) Curriculum.
- (c) Maturation.
- (d) Primary Learning.
- (e) Leisure.
- (f) Community recreation.
- (g) Types of Education.
- (h) Heredity.

(5 × 3 = 15 marks)