

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

MPEC 302—HEALTH EDUCATION

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

**Part A (Essay)**

*Answer any three questions.*

1. Explain the role of diet and exercise in Weight Management.
2. Brief the aims and objectives of Health Education.
3. Write down the role and importance of Health Education in schools.
4. Explain communicable and non-communicable diseases.
5. Explain the role of carbohydrate, fat and protein during exercise.
6. Discuss the meaning, definition and importance of sports nutrition.

(3 × 15 = 45 marks)

**Part B**

7. Answer any *three* questions :

- (i) Define hygiene. What are the practices of personal hygiene ?
- (ii) Explain the concepts of health.
- (iii) Define First aid and emergency care.
- (iv) Discuss the effects of Alcohol and tobacco on health.
- (v) Explain the various environmental sanitation problems in India.

(3 × 5 = 15 marks)

**Turn over**

8. Answer any *five* questions :

- (i) What is Body Mass Index ?
- (ii) Explain Obesity and its hazards.
- (iii) Explain the terms 'Health' and 'Health Education' .
- (iv) Design diet plan and exercise schedule for weight gain.
- (v) What are the various factors affecting health ?
- (vi) What do you mean by stress and briefly write how to manage stress ?
- (vii) How does nutrition play a role in sports ?
- (viii) List out the points for an effective weight management programme for a sporty child.

(5 × 2 = 10 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

MPEC 301—SPORTS ENGINEERING

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any three questions out of six questions.  
Each question carries 15 marks.*

1. Explain in detail the mechanical analysis of throwing ?
2. Give a detailed note on the methods of human performance assessment ?
3. Explain Newton's laws of motion with examples from sports ?
4. Give sketch of sports research block in university with explanation regarding the functions of each laboratory ?
5. What it means the maintenance policy ? Explain the preventive and corrective maintenance ?
6. Explain the facility life cycle costing ?

(3 × 15 = 45 marks)

**Part B**

*Write short notes on any three out of five questions.  
Each question carries 5 marks.*

7. Meaning of sports engineering ?
8. What is the energy method to find displacement of structure ?
9. Biomechanics of Gait.
10. What is kinematics of particles ?
11. Precautions to be taken while constructing the corridors and gates of a stadium ?

(3 × 5 = 15 marks)

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(3 × 5 = 15 marks)

**Part C**

*Write short notes on any **five** out of eight questions.  
Each question carries 2 marks.*

12. Concept of internal force.
13. Strain energy.
14. Impulse and momentum.
15. Purpose of filtration plant in swimming pool.
16. What means the eco-friendly outer surrounding ?
17. In building process, what refurbish means ?
18. Record and register for maintenance.
19. Capital cost and taxation.

(5 × 2 = 10 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

MPCC-303—KINESIOLOGY AND SPORTS BIOMECHANICS

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any three of the following  
Each question carries 15 marks.*

1. Write down the mechanical analysis of Fosbury flop technique in high jump ?
2. State Newton's laws of motion and its applications in sports and games ?
3. Define air resistance and explain different components of air resistance ?
4. Write down mechanical analysis of spike in volleyball ?
5. Explain different types of levers, its characteristics and their applications in sports and games ?
6. Illustrate the significance of stability in sports and games and explain the factors which influence stability?

(3 × 15 = 45 marks)

**Part B**

*Answer any three of the following  
Each question carries 5 marks.*

7. Describe any three from the following :
  - a) Advantages and disadvantages of friction in sports.
  - b) Meaning of Impulse.
  - c) Classification of work done by a force.
  - d) Differentiate centripetal and centrifugal force.
  - e) Meaning of Pressure.

(3 × 5 = 15 marks)

**Turn over**

**Part C**

*Answer any five from the following.*

*Each question carries 2 marks.*

8. Write Short Notes for any *five* from the following :

- a) Mechanical analysis.
- b) Top spin.
- c) Factors determining the effect of force.
- d) Newton's Second law of angular motion.
- e) Movements around shoulder joint.
- f) Scalars and Vectors.
- g) Co-efficient of Elasticity.
- h) Motion analysis in Sports.

(5 × 2 = 10 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

MPCC-302—SPORTS PSYCHOLOGY

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any three questions from six questions given.*

*Each question carries 15 marks.*

1. "Explain the meaning of sports psychology. Enumerate the importance of sports psychology for performance enhancement.
2. What is sport anxiety and its causes ? Describe the effects of anxiety in sports.
3. Describe the process of goal setting in sport.
4. Write an essay on National Integration through sports.
5. What is psychological assessment ? Write in detail about different kinds of psychological assessment.
6. Describe psychological skill training for performance enhancement in sportsperson.

(3 × 15 = 45 marks)

**Part B**

*Answer any three questions from five questions given.*

*Each question carries 5 marks.*

7. Write a short note on depth perception box.
8. Describe the role of sensation and perception in physical activity.
9. How will you develop achievement motivation ?
10. Brief performance profiling.
11. How will you measure team cohesion ?

(3 × 5 = 15 marks)

**Turn over**



**Part C**

*Answer any five questions from eight questions given.  
Each question carries 2 marks.*

12. Define Personality.
13. What is psychological well being ?
14. Define Aggression.
15. What is Perception ?
16. Define Visual Motor Behavioral Rehearsal (VMBR).
17. What is 'ego' in the structure of personality ?
18. What is fine motor skill ?
19. What is achievement motivation ?

(5 × 2 = 10 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (REGULAR) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

MPCC-301—YOGIC SCIENCES

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any **three** (3) questions out of six (6) questions.  
Each question carries 15 marks.*

1. Explain the role of yoga in psychological preparation of athletes.
2. Explain the health benefits of yoga and how does it help in curing diabetes.
3. Explain Surya Namaskar, its 12 steps and the benefits of Surya Namaskar.
4. Explain in detail about Hatha Yoga Pradipika and Gheranda Samhita.
5. Explain in detail the Eight Limbs of yoga.
6. Describe the effect of yoga on various systems of our body.

(3 × 15 = 45 marks)

**Part B**

*Write short notes on any **three** (3) out of five (5) questions.  
Each question carries 5 marks.*

7. Explain Hasta Mudras.
8. Explain Bahiranga Yoga.
9. Explain Nadis.
10. Explain Pancha Kosha
11. Explain Management of Hypertension through yoga.

(3 × 5 = 15 marks)

**Turn over**

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9. Explain Nadis.
10. Explain Pancha Kosha
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(3 × 5 = 15 marks)

**Turn over**

**Part C**

*Write short notes on any five (5) out of eight (8) questions.*

*Each question carries 2 marks.*

12. Explain Sapta datus.
13. Explain Modes of Bhakthi Yoga.
14. Differentiate Bastrika and Kapalhati.
15. Explain Manonmaya Kosha.
16. Explain Pranayama.
17. List down some famous yoga institutions in India.
18. Explain Neti.
19. Explain IRT.

(5 × 2 = 10 marks)

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**THIRD SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

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

(2013 Syllabus Year)

Time : Three Hours

Maximum : 75 Marks

I. Fill in the blanks :

- 1 Getting back what you gave or done is known as \_\_\_\_\_.
- 2 \_\_\_\_\_ involves breathing regulation and exercise.
- 3 \_\_\_\_\_ is otherwise known as yogic sleep.
- 4 \_\_\_\_\_ is the withdrawal of senses.
- 5 Janma yoga is otherwise known as \_\_\_\_\_.

(5 × 1 = 5 marks)

II. Write answers in *one word* :

- 1 Name the disease caused by inflammation of airways.
- 2 What is meant by CNS ?
- 3 What is the alternative name for skull shine breathing ?
- 4 How many divisions are there in yoga ?
- 5 What is a person who practice yoga called as ?
- 6 What is the term used in yoga to refer duties or observance ?
- 7 Sanchita, Prabadha and Agami are three types of what.
- 8 Shoulder stand is the alternative name for which asana.
- 9 How many principles are included in yoga sutra ?
- 10 Accumulated past action is referred to as what.

(10 × 1 = 10 marks)

**Turn over**

## III. Match the Following :

Table A	Table B
1 OPD	(a) Niyama.
2 Yoga	(b) Deed.
3 Withdrawal of senses	(c) Diabetics.
4 Forceful	(d) Accumulated past actions.
5 Duties of observance	(e) Cobra pose.
6 Sanchitta	(f) Naukasana.
7 Bujangasana	(g) Hatha.
8 Boat pose	(h) Pratyahara.
9 Karma	(i) Way of life.
10 Hyperglycemia	(j) Lung disease.

(10 × 1 = 10 marks)

## IV. State True or False :

- 1 Pathanjali is the yoga sutra. (True/False)
- 2 Karma yoga and bakthiyoga are closely related to each other. (True/False)
- 3 Yogic meditation is otherwise known as yoganitra. (True/False)
- 4 Raja yoga is the path of self discipline and practice. (True/False)
- 5 Power yoga is a type of hatha yoga. (True/False)

(5 × 1 = 5 marks)

## V. Write briefly on :

- 1 Explain vrittis.
- 2 Explain raja yoga.
- 3 Explain suryanamaskar.

(3 × 5 = 15 marks)

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

- 1 Padmasana.
- 2 Types of breathing.
- 3 Pathanjali.
- 4 Dhyana.
- 5 Chitta.
- 6 Meditation.
- 7 Hypertension.
- 8 Niyama.

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 Yoga is a art and science—Explain.
- 2 Explain the functions and powers of non-concious mind.

(1 × 15 = 15 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY) EXAMINATION  
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M.P.Ed.

Paper VIII—KINESIOLOGY AND SPORTS BIOMECHANICS

(2013 Syllabus Year)

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 Stored energy of position is known as \_\_\_\_\_ energy.
- 3 The ability of an object to resume to normal shape after being stretched is called \_\_\_\_\_.
- 4 The \_\_\_\_\_ I force is force acts consistently on every object.
- 5 Triceps extension is an example of \_\_\_\_\_ order lever.

(5 × 1 = 5 marks)

## II. Write answers in one word :

- 1 Applied force, friction, air resistance are examples of what ?
- 2 Measures of energy transfer are referred to as what ?
- 3 What is the state of rest of the body known as ?
- 4 What is the point at which all the forces acts on a body ?
- 5 Give an anatomical example for third order lever.
- 6 The distance between the fulcrum and point of application of force is 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 movement in a straight line called ?
- 10 What is Newton's third law otherwise called ?

(10 × 1 = 10 marks)

**Turn over**



## III. Match the Following :

*Table A*

- (1) Stroboscopy
- (2) Angle joint
- (3) Thrown in the air
- (4) Magnetic force
- (5) Energy of motion
- (6) Point of rotation
- (7) Mechanical advantage
- (8) Video analysis
- (9) Newton's first law.
- (10) Ball and socket

*Table B*

- (1) Internal force.
- (2) Kinetic energy.
- (3) Shoulder Joint.
- (4) Levers.
- (5) Movement assessment.
- (6) Law of inertia.
- (7) Hinge joint.
- (8) Fulcrum.
- (9) Projectiles.
- (10) Slow motion analysis.

(10 × 1 = 10 marks)

## IV. State True or False :

- (1) The resistance of a liquid to flow is known as buoyancy.—(True /False).
- (2) The shortest distance from the initial to the final point of movement is called displacement.—(True /False).
- (3) Friction is a type of internal force.—(True /False).
- (4) The sum of potential energy and kinetic energy is called mechanical energy.—(True /False).
- (5) Levers are rigid bodies rotate around an axis.—(True /False).

(5 × 1 = 5 marks)

## V. Write Briefly on:

- (1) Explain the biomechanical principles involved in running.
- (2) What is friction? Explain its application in sports and games.
- (3) Explain types of energy.

(3 × 5 = 15 marks)

VI. Answer short notes on *five* of the following :

- (1) Hip joint
- (2) Movement analysis
- (3) Centrifugal force
- (4) Momentum.
- (5) Static friction.
- (6) Viscosity.
- (7) Angular kinematics.
- (8) Distance and displacement.

(5 × 3 = 15 marks)

VII. Write any *one* of the following :

- (1) Explain the types of levers with anatomical examples.
- (2) Explain the Newton's laws of motion and its application in sports.

(1 × 15 = 15 marks)

**THIRD SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY) EXAMINATION  
NOVEMBER 2021**

M.P.Ed.

Paper VII—PSYCHOLOGY OF SPORTS

(2013 Syllabus Year)

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 Identification and interpretation of sensory information is called \_\_\_\_\_.
- 3 Detection of internal or external stimulation is called \_\_\_\_\_.
- 4 \_\_\_\_\_ is scientific study of mind and behavior.
- 5 The change resulting from practice or a novel experience is called as \_\_\_\_\_.

(5 × 1 = 5 marks)

II. Write answers in one word :

- 1 What is the name of the Relaxation therapy involving auto suggestion ?
- 2 What is the bond which unite the members of a team called ?
- 3 What is called the subjective evaluations of one's worth called as ?
- 4 The desire to act or to move towards a goal is known as what.
- 5 What is the ability to acquire knowledge and skill called as ?
- 6 What is the term referred to retribution of an offence ?
- 7 What is the reason for conditions like increased alertness and fear ?
- 8 Name the process which involves listening to people's problems to suggest remedies.
- 9 A talk indented 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

- 1 Coleman Grififith
- 2 Transmission of evaluation
- 3 Attacking without provocation
- 4 Team cohesion
- 5 Distinctive character
- 6 Criticism
- 7 Recognition of service
- 8 Emotional tension
- 9 Increased alertness
- 10 Concentration.

Table B

- 1 Expression of disapproval.
- 2 Stress.
- 3 Focusing.
- 4 Reward.
- 5 Anxiety.
- 6 Personality.
- 7 Togetherness.
- 8 Aggression.
- 9 Feedback.
- 10 Father of sports psychology.

(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 Focusing all your attention on a matter is called concentration. (True/False)
- 3 The type of behavior that intended at causing physical or mental harm is known as Aggression. (True/False)
- 4 The state of being physiologically alert and attentive is called self esteem. (True/False)
- 5 The way in which one acts and conducts himself is called Behavior. (True/False)

(5 × 1 = 5 marks)

## V. Write Briefly on :

- 1 Explain the role of counseling in sports.
- 2 Explain the theories of perception.
- 3 Explain the role of anxiety insports and games.

(3 × 5 = 15 marks)

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

- 1 Autogenic training.
- 2 Training scripts.
- 3 Extrinsic motivation.
- 4 Audience effect on performance.
- 5 Knowledge of results.
- 6 Intelligence.
- 7 Self-hypnosis.
- 8 Criticism.

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 What is psychology ? Explain the meaning nature and scope of psychology in sports.
- 2 What is group cohesion ? Explain the methods of developing group cohesion.

(1 × 15 = 15 marks)