

**THIRD YEAR B.P.Ed. INTEGRATED DEGREE  
REGULAR/SUPPLEMENTARY EXAMINATION, APRIL 2021**

**Paper XVI—SPORTS MEDICINE**

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

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

**Question 8 is compulsory.**

**Part A**

1. What is Sports medicine ? Explain the need and importance of sports medicine. (1 × 15 = 15 marks)
2. Briefly explain the following :—
  - (a) Balanced diet.
  - (b) Types of sports injuries.
  - (c) Rehabilitation of knee injury.(3 × 5 = 15 marks)
3. Write notes on :
  - (a) How to prevent low back ache ?
  - (b) Causes of shin splint.
  - (c) Shoulder dislocation.(3 × 5 = 15 marks)
4. Briefly explain the following :—
  - (a) Causes of heat cramps.
  - (b) Intra cranial bleeding.
  - (c) Types of knee injuries.(3 × 5 = 15 marks)
5. What is fracture and dislocation ? Explain the types of fractures and its handling. (1 × 15 = 15 marks)

**Part B**

6. Write a note on tennis elbow and its rehabilitation. (1 × 15 = 15 marks)

**Turn over**

7. Briefly explain :

- (a) Basic steps to reduce injuries.
- (b) Female athlete triad.
- (c) Cold treatment modalities.

(3 × 5 = 15 marks)

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

- (a) Dehydration.
- (b) Blisters and sunburn.
- (c) Doping.
- (d) Intracranial bleeding.
- (e) Sprain.
- (f) Acromioclavicular joint sprain.
- (g) Achilles tendonitis.
- (h) Carbohydrate loading.

(5 × 3 = 15 marks)

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**Paper XV—SCIENTIFIC PRINCIPLES OF COACHING**

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

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

**Question 8 is compulsory.**

**Part A**

1. Define Conditioning. Explain aims and objectives of sports training. (1 × 15 = 15 marks)

2. (A) Match the following :—

- |                     |                       |
|---------------------|-----------------------|
| (a) Endurance       | — Volume of training. |
| (b) Short term plan | — Imagery.            |
| (c) Motivation      | — Macro cycle.        |
| (d) Load            | — Power.              |
| (e) Speed           | — Fartlek method.     |

(5 × 1 = 5 marks)

(B) Fill in the blanks :

- (a) \_\_\_\_\_ is the ability to overcome resistance under the condition of fatigue.
- (b) \_\_\_\_\_ occur due to the deficiency of oxygen into the intercostal muscle.
- (c) \_\_\_\_\_ help us to remove lactic acid from the body.
- (d) \_\_\_\_\_ is known as tailors muscle.
- (e) \_\_\_\_\_ is the maximum range of movement around a joint.

(5 × 1 = 5 marks)

(C) Briefly explain the following :—

- |                      |                              |
|----------------------|------------------------------|
| (a) Overload.        | (b) Strength.                |
| (c) Fatigue.         | (d) Specificity of training. |
| (e) Speed endurance. |                              |

(5 × 1 = 5 marks)

3. Describe the following :—

- (a) Explain the characteristics of a coach.
- (b) Explain different types of physical fitness components.
- (c) Explain the methods of technical training.

(3 × 5 = 15 marks)

4. Briefly explain the following :—

- (a) Explain strength endurance.
- (b) Explain interval training method.
- (c) Explain repetition method.

(3 × 5 = 15 marks)

5. Write a short notes on the following :—

- (a) Endurance and type of endurance.
- (b) Circuit training method.
- (c) Golden rules of weight training.

(3 × 5 = 15 marks)

### Part B

1. Define Sports training. What are the characteristics of sports training ?

(1 × 15 = 15 marks)

2. Write short notes on :

- (a) Imagery relaxationn technique.
- (b) Pep talk.
- (c) Tactical training.

(3 × 5 = 15 marks)

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

- (a) Flexibility.
- (b) Periodization.
- (c) Principles of individuality.
- (d) Balance.
- (e) Lactic acid.
- (f) Psychological skill training.
- (g) Self talk before competition.
- (h) Anaerobic endurance.

(5 × 3 = 15 marks)

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Paper XIV—TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

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

**Question 8 is compulsory.**

**Part A**

1. What is a “test” ? How does test, measurement and statistics influences physical education and sports ?  
(1 × 15 = 15 marks)
2. Define anthropometry and explain its application in sports. (1 × 15 = 15 marks)
3. Describe criteria for selection of a test and explain administration of a testing programme.  
(1 × 15 = 15 marks)
4. What is somato typing ? Explain Kretclmer and Scheldon’s body types and their characteristics.  
(1 × 15 = 15 marks)
5. How does percentiles differ from quartiles ? Explain measure of variability in detail.  
(1 × 15 = 15 marks)

**Part B**

6. Briefly explain the following :—
  - (a) Muscular strength.
  - (b) Cardio respiratory endurance.
  - (c) Indiana Motor Fitness Test.  
(3 × 5 = 15 marks)
7. Describe the following :—
  - (a) Lockhart and McPhersons badminton test.
  - (b) Broer Miller Tennis Test.
  - (c) Dribbling and goal shooting test in hockey.  
(3 × 5 = 15 marks)

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

- |                        |  |
|------------------------|--|
| (a) Flexibility.       | (b) Speed.                             |
| (c) Snellan's chart.   | (d) Self concept.                      |
| (e) Social efficiency. | (f) Vital capacity.                    |
| (g) Classification.    | (h) Measurement of nutritional status. |

(5 × 3 = 15 marks)

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Paper XIII—HEALTH EDUCATION

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

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

**Question 8 is compulsory.**

**Part A**

1. Prepare a short note on proximate principles of diet. (1 × 15 = 15 marks)
2. Explain the duties and responsibilities of a physical education teacher in order to maintain good health record among his students. (1 × 15 = 15 marks)
3. Explain the term Health Education. Mention the principles of health education also explain the different practices of health education. (1 × 15 = 15 marks)
4. Write notes on :
  - (a) Intellectual wellness.
  - (b) Role of fat in human body.
  - (c) Food guide pyramid. (3 × 5 = 15 marks)
5. Briefly explain the following :—
  - (a) Functions of proteins in human body.
  - (b) Balanced diet.
  - (c) Functions of vitamins. (3 × 5 = 15 marks)

**Part B**

6. For good health rest, sleep and exercise and inevitable ? Substantiate your answer. (1 × 15 = 15 marks)
7. Briefly explain the following :—
  - (a) Methods of water purification.
  - (b) Immunity.
  - (c) Functions of minerals in human body. (3 × 5 = 15 marks)

8. Briefly explain on any *five* :

- (a) Methods of disease transmission.
- (b) Importance of blood donation.
- (c) Epidemiological triad.
- (d) Wellness.
- (e) Safety measures required in play field.
- (f) Sewage treatment.
- (g) Intellectual health.
- (h) First aid for electric shock.

(5 × 3 = 15 marks)

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Paper XII—KINESIOLOGY

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

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

**Question 8 is compulsory.**

**Part A**

1. "Kinesiology is an integral part of sports and physical education." Comment. (1 × 15 = 15 marks)

2. (A) Match the following :—

(a) Deltoid	— Straightening of the arm.
(b) Latissimusdorsi	— Connect scapula with vertebrae.
(c) Rhomboid minor	— Widest muscle in the body.
(d) Triceps brachii	— Composite muscle.
(e) Iliopsoas	— Shoulder joint.

(5 × 1 = 5 marks)

- (B) Fill in the blanks :

- (a) \_\_\_\_\_ plane divide the body in to anterior and poterior halves.  
(b) \_\_\_\_\_ is a straight line around which an object rotates.  
(c) \_\_\_\_\_ joint allows only rotational movements.  
(d) \_\_\_\_\_ is the two headed muscle of the arm.  
(e) Skeletal muscle is also known as \_\_\_\_\_.

(5 × 1 = 5 marks)

- (C) Briefly explain the following :—

- (a) Abduction. (b) Supination.  
(c) Flexion. (d) Long bones.  
(e) Stretch reflex.

(5 × 1 = 5 marks)

3. Describe the following :—

- (a) Major characteristics of shoulder girdle.
- (b) Structural classification of muscle.
- (c) Location and its attachments of knee joint.

(3 × 5 = 15 marks)

4. Briefly explain the following :—

- (a) Location and its attachments of ankle joint.
- (b) Muscle attachments and characteristics of hip joint.
- (c) Types of muscle contraction.

(3 × 5 = 15 marks)

5. Write short notes on the following :—

- (a) Abduction and adduction.
- (b) Gradation of muscle contraction.
- (c) Movements of elbow joint.

(3 × 5 = 15 marks)

### Part B

6. What is shoulder joint and explain its muscle attachments ? How does movement around shoulder joint differ from hip joint ?

(1 × 15 = 15 marks)

7. Write short notes on :

- (a) Freely movable joints.
- (b) Stretch reflex and its role.
- (c) Pectoralis major.

(3 × 5 = 15 marks)

8. Write short notes on any *five* of the following (compulsory) :—

- (a) Reciprocal innervations and inhibition.
- (b) Serratus anterior.
- (c) Brachioradialis.
- (d) Glutius medius.
- (e) Rectus femoris.
- (f) Gastronemius.
- (g) Flexion and hyperextension.
- (h) Gracilis.