

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION  
FOR WOMEN  
Coimbatore – 641 043**

**Class: II BSc  
Major: Physical Education**

**Max Marks: 30**

**I CIA Test – Dec 2020**

**18BPEC07 – Methods of Physical Education**

**Course Outcomes:**

1. Recall the meaning, method principles and factors of methods in physical education.
2. Summarize the physical activities for demonstration.
3. Apply the methods of teaching learning in classroom situation.
4. Preparing the students for Intramural and extramural competition
5. Organize the various level of competition.

**Part A**

**Answer all the Questions**

**6 x 1 = 6**

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|--|-------|
| 1. Intramural is the competition _____ the wall.   | CO1K1 |
| a. Outside                      b. Inside                      c. Transcendent                      d. Broaden             |       |
| 2. Lesson plan is the _____ to the teacher.  | CO1K1 |
| a. Subject                      b. Activity                      c. Environment                      d. Guide              |       |
| 3. The aid which engage eye and ear sensory is _____.  | CO1K2 |
| a. Audio                      b. Visual                      c. Audio - Visual                      d. All the above       |       |
| 4. Generally lesson plan have _____ types.   | CO1K1 |
| a. 1                      b. 2                      c. 3                      d. 4   |       |
| 5. _____ is the skillful handling of the class by the teacher.   | CO2K1 |
| a. Lesson Plan                      b. Class Management                      c. PE Class                      d. Materials |       |
| 6. _____ motivates the students / players for further performance.   | CO2K2 |
| a. Classes                      b. Competition                      c. Awards                      d. Punishment           |       |

**Part – B**

**Answer any two questions ant it should not exceed 400 words    2 X 6 = 12**

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|---|-------|
| 7. Write about the purpose and criteria of teaching aids.                 | CO2K2 |
| 8. Write about the principles of Class management.                        | CO3K2 |
| 9. Describe about the objectives of Extramurals.                          | CO2K3 |
| 10. Write about the types of incentives and awards in Physical Education. | CO2K2 |

**Part – C**

**Answer any one and it should not exceed 800 words**

**1 X 12 = 12**

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|--|-------|
| 11. Enumerate about the types of audio visual aids.                          | CO2K2 |
| 12. Enumerate the advantages of Intramurals and organization of Intramurals. | CO3K2 |