

**Avinashilingam Institute for Home Science and Higher Education for women**  
**Coimbatore – 641 043**  
**Continuous Internal Assessment II – March 2019**

**Class: I BPED**

**Time: 2 Hrs**  
**Marks: 60**

**18BPDE2A DSE II- Contemporary Issues in Physical Education, Fitness and Wellness**

**Course Outcomes:**

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
4. Explain the contemporary issues and to pics pertaining to the physical activity and health field.
5. Evaluate promoting inclusive physical education that responds to the interests and needs of all students and athletes.

**Part A**

**5x1=5**

**Circle the right answer**

1. 'Super compensation' means CO1 K2  
a. Fatigue                      b. Second wind                      c. Adaptation to load                      d. Oxygen debt.
2. Aerobic fitness is best achieved through CO2 K3  
a. Swimming                      b. Circuit training                      c. Short sprints                      d. Long distance running
3. Who amongst the following introduced the is-kinetic method of training for the development of strength? CO3 K2  
a. Plato                      b. J. J. Parrine                      c. B. P. Coubertin                      d. Jacobson.
4. Class-A fire consists of fire due to CO2 K1  
a. Wood                      b. Oil                      c. Transformer                      d. Chemical
5. Which of these will use in case of minor burn? CO5 K4  
a. Cold water                      d. Hot water                      c. Warm water                      d. Ice

**Part – B**

**Answer the following**

**5X2 = 10**

6. Define Training CO4 K2
7. Define Strength CO4 K4
8. What is mean by Flexibility? CO3 K5
9. Define Warmup CO4 K1

10. Define Aerobic Exercise

CO4 K3

**Part – C**

**5 x 3 = 15**

**Answer the following**

**Answer should not exceed 600 words or two pages**

11. a. Explain about PNF Stretching exercise

CO5 K4

Or

11. b. What are the swiss ball exercises and its uses?

CO2 K3

12. a. Write about the Endurance Training Method?

CO3 K2

Or

12. b. Give a model Circuit Training

CO5 K1

13. a. List out the Resistance Band exercise

CO1 K5

Or

13. b. Explain the Fitness management technique

CO2 K3

**Part C**

**15x2=30**

**Answer should not exceed 1200 words or 6 pages**

14.a. Write the importance safety education in PE programme?

CO3 K1

Or

14.b. Explain the Common Injuries in Sports and its management techniques

CO1 K4

15.a. Describe the modern life style and Hypokinetic Disease

CO1 K4

Or

15.b. Write the Fitness evaluation procedures?

CO3 K2

No. of Copies : 27