



Murugesu

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – December 2023
III Semester

Class : II UG
Major : Physical Education

Time: 3 Hours
Max. Marks: 100

21BPEC07 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
Choose the Correct Answer

10 x 1 = 10

1. Teaching is CO1 K1
a. an art b. a science c. an art and a science d. None of the above
2. Which factors are influencing the teaching? CO2 K3
a. classroom strength b. teaching aid c. infrastructure d. all the above
3. Personal preparation and technical preparations in teaching is CO3 K2
a. Planning b. Organization c. Execution d. None of the above
4. Straddle Style in high jump is CO3 K4
a. Orientation method b. Demonstration method
c. Supervision method d. Evaluation method
5. Formal part which comes under in CO2 K3
a. general lesson plan b. particular lesson plan c. both a&b d. none of the above
6. The basic purpose of supervision is to help the CO3 K3
a. Children learn more effectively. b. Teachers in improving method.
c. Teaches to understand pupil. d. Teachers to deal pupil.
7. Intramural programme creates students Interest in CO4 K4
a. Mass participation b. Selfishness c. less participation d. no interest
8. Extramural means CO4 K3
a. within the wall b. inter institution c. With in Houses d. With in classes
9. Which type of tournaments are generally conducted for individual games like Boxing ,Tennis etc.? CO3 K2
a. Challenge b. League cum knock-out. c. Staircase d. Cycle
10. How many byes will be given if 21 teams are playing in a knock out tournament?
a. 11 b. 16 c. 15 d. 10 CO4 K3

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Briefly write down the factors influencing method of physical Education. CO2 K2
(or)
11.b. Write down the need and importance of teaching methods. CO3K3
- 12.a. Write down the benefits of teaching aids. CO2 K2
(or)
12.b. Write down the types of audio-visual aids. CO3 K3
- 13.a. Briefly write down the various steps in class management CO3 K3
(or)
13.b. Briefly write down the principles of lesson plan. CO2 K2
- 14.a. Define the meaning and mark out the importance of intramural competition. CO4 K2
(or)
14.b. Briefly write down the principles of Inter Institutional competition. CO2 K3
- 15.a. Briefly write down the types of tournaments CO3 K3
(or)
15.b. Define bye? Write the rules of bye with an example. CO4 K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the scope of teaching methods in physical education. CO2 K3
(or)
16.b. Explain maxims of teaching. CO3 K2
- 17.a. Explain the Learning by doing. CO4 K2
(or)
17.b. Explain the purpose and criteria for audio-visual aids. CO2 K2
- 18.a. Explain the factors influencing class management. CO3 K3
(or)
18.b. Discuss the types of lesson plan and advantages of lesson plan. CO2 K4
- 19.a. Explain the meaning, objectives and advantages of intramural. CO4 K2
(or)
19.b. Explain the nature and objectives of extramural. CO4 K3
- 20.a. Discuss the types of competition and method of drawing fixture on Round robin tournament. CO3 K3
(or)
20.b. Draw of fixtures of 21 teams in knock out basis. CO4 K2
