



*Neeveef*

**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 of Physical Education Degree Examination – May 2024**  
**II Semester**

**Class: I B.P.Ed.**

**Time : 3 Hours**  
**Max. Marks : 100**

**23BPDE2A Discipline Specific Elective (DSE) - II:**  
**Contemporary Issues in Physical Education, Fitness and Wellness**

**Course Outcomes:**

- CO1: Identify professional ethics to promote health and safety lifestyle  
CO2: Understanding the application of relevant theory to a contemporary issue in physical education, fitness and wellness  
CO3: Apply qualitative research methods to explore and examine a variety of curricular topics in the field of Physical Education  
CO4: Analyze the current issues and to fix problems pertaining to the physical activity and health field  
CO5: Fostering the multidisciplinary perspective in physical activity and health

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. What are the significant global challenge impacting physical education in schools? CO1 K1
  - a. Technological distractions
  - b. Insufficient funding
  - c. Overemphasis on traditional sports
  - d. Decline in interest in fitness
2. What are the characteristic of modern approaches to teaching physical education? CO1 K1
  - a. Strict adherence to traditional sports
  - b. Inflexible curriculum structure
  - c. Emphasis on holistic health and well-being
  - d. Exclusion of technology integration
3. Fitness means the ability to perform CO2 K2
  - a. Physical activities
  - b. Mental tasks
  - c. Emotional expressions
  - d. Social interactions
4. Which component of fitness refers to the ability of muscles to exert force against resistance? CO2 K2
  - a. Muscular strength
  - b. Flexibility
  - c. Cardiovascular endurance
  - d. Body composition
5. What does the FITT formula stand for? CO3 K3
  - a. Frequency, Intensity, Time, Training
  - b. Flexibility, Intensity, Time, Type
  - c. Frequency, Interval, Training, Type
  - d. Frequency, Intensity, Time, Type
6. What is the purpose of a medical evaluation before starting an exercise program? CO3 K3
  - a. To set fitness goals
  - b. To identify any underlying medical conditions
  - c. To determinè the cost of the program
  - d. To select exercise equipment
7. Which endurance training method involves maintaining a steady pace of exercise over an extended period? CO4 K4
  - a. Repetition Method
  - b. Continuous Method
  - c. Fartlek Training
  - d. Interval Training
8. Which flexibility training method involves holding a stretch position for a specific duration? CO5 K5
  - a. Static Stretching
  - b. PNF Stretching
  - c. Dynamic Stretching
  - d. Ballistic Stretching
9. What is the purpose of safety education in physical education? CO5 K5
  - a. Enhancing athletic performance
  - b. Preventing injuries
  - c. Improving flexibility
  - d. Increasing competition levels
10. What is the primary goal of injury management? CO5 K5
  - a. Immediate return to activity
  - b. Ignoring the injury
  - c. Restoring function and minimizing complications
  - d. Continuing the activity despite pain

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain the impact of technological distractions on physical education programs in schools. CO1 K1  
(or)  
11.b. State some global issues in the field of physical education in schools with examples. CO1 K1
- 12.a. Explain the concept of fitness and its significance in physical education. CO2 K2  
(or)  
12.b. How does physical fitness contribute to our overall well-being and wellness? CO2 K2
- 13.a. List down the importance exercise of guidelines essential for safe and effective workouts. CO3 K3  
(or)  
13.b. Explain the process of designing an exercise program CO3 K3
- 14.a. Explain the continuous method of endurance training. CO4 K3  
(or)  
14.b. What are the key components of Core Training? CO4 K3
- 15.a. Explain the importance of safety education in physical education. CO5 K4  
(or)  
15.b. Explain two safety management techniques used in physical education programs CO5 K4

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 400 words or four pages**

- 16.a. Discuss the relationship between fitness and wellness. CO1 K1  
(or)  
16.b. How does the transition from traditional to modern approaches in teaching physical education address multicultural needs in schools? CO1 K1
- 17.a. Detail the various factors that influence an individual's fitness level. CO2 K2  
(or)  
17.b. What are the advantages of health-related fitness? CO2 K2
- 18.a. Explain the principles of training. CO3 K3  
(or)  
18.b. Explain segmental workouts and provide an example of their application within an exercise routine. CO3 K3
- 19.a. Describe the concept of Circuit Training and provide an example of a circuit workout targeting both strength and endurance. CO4 K4  
(or)  
19.b. Discuss the importance of flexibility training in overall fitness and explain two different methods of flexibility training. CO4 K4
- 20.a. Explain how modern sedentary lifestyles contribute to the rise of hypokinetic diseases. CO5 K4  
(or)  
20.b. Analyze the relationship between health education and physical education and remedial methods. CO5 K4

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