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 [now MoE]
Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – April 2026
II Semester

Class: I B.P.Ed.

Time : 3 Hours
Max. Marks : 100

23BPDE2A 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 in contemporary issues in Physical Education fitness and wellness
CO3: Apply qualitative research methods to explore and examine variety of curricular topics in the field of Physical Education
CO4: Analyse the current issues and to fix pertaining to 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. Physical Education mainly aims at the development of — CO2 K1
   a. Intellectual fitness b. Emotional fitness
   c. Total personality d. Moral education

2. Modern physical education emphasizes — CO1 K1
   a. Drill-based activities b. Competition only
   c. Student-centered learning d. Military training

3. Physical fitness is best defined as — CO2 K1
   a. Ability to win competitions b. Absence of disease
   c. Ability to perform daily activities efficiently d. Muscular strength only

4. Which of the following is a health-related fitness component? — CO2 K1
   a. Speed b. Agility
   c. Cardiorespiratory endurance d. Reaction time

5. FITT principle stands for — CO3 K1
   a. Fitness, Intensity, Time, Training b. Frequency, Intensity, Time, Training
   c. Frequency, Intensity, Time, Type d. Fitness, Intensity, Type, Time

6. Warm-up is performed mainly to — CO3 K1
   a. Increase fatigue b. Reduce performance
   c. Prepare the body for exercise d. Test endurance

7. Continuous training is best suited for developing — CO4 K1
   a. Speed b. Power c. Strength d. Endurance

8. Circuit training mainly develops — CO4 K1
   a. Flexibility only b. Balance only
   c. Strength and endurance d. Speed only

9. Safety education in physical education aims to — CO5 K1
   a. Prevent injuries b. Reduce participation
   c. Increase competition d. Improve records

10. Hypokinetic diseases are caused due to — CO5 K1
   a. Excess exercise b. Improper nutrition
   c. Lack of physical activity d. Overtraining

Part B 5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages.

11.a. Explain the transition from traditional to modern approaches in physical education. CO1 K2

(or)

11.b. Discuss the role of physical education in meeting multicultural needs of modern schools. CO1 K2

12.a. Explain the health-related components of physical fitness. CO2 K2

(or)

12.b. Describe the various dimensions of wellness including physical and emotional aspects. CO2 K2

13.a. Explain the fundamental principles of training such as overload and specificity. CO3 K2

(or)

13.b. Write about the FITT formula and its application in a fitness routine. CO3 K2

14.a. Explain the continuous and interval training methods. CO4 K2

(or)

14.b. Describe common sports injuries sprains, strains. CO4 K2

15.a. Discuss the importance of safety education in physical education and daily life. CO5 K2

(or)

15.b. Analyze how lack of physical activity leads to hypokinetic diseases. CO5 K2

Part C 5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Critically discuss the present global issues and challenges faced by physical education in schools today. CO5 K3

(or)

16.b. Elaborate on the shift from gymnastics-based traditional PE to modern Movement Education. CO1 K3

17.a. Explain fitness and wellness concepts and their vital importance in a modern sedentary lifestyle. CO2 K3

(or)

17.b. Discuss how social and intellectual dimensions of wellness contribute to a student's total personality. CO2 K3

18.a. Describe in detail the steps involved in planning a comprehensive exercise programme for adults. CO3 K3

(or)

18.b. Apply the principles of progression and reversibility to a 12-week training plan. CO3 K3

19.a. Explain various strength training methods (Isotonic vs. Isometric) with specific examples. CO4 K3

(or)

19.b. Detail the physiological benefits of aerobic vs. anaerobic training types within the FITT framework. CO4 K3

20.a. List out the Hypokinetic diseases and explain the management protocols. CO5 K3

(or)

20.b. Design a safety education checklist for a school sports meet to prevent common injuries. CO5 K3

****