



Mavinney

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

Continuous Internal Assessment Test - I February 2024
Semester II

Class : I BPEd
Major/Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

23BPDE2A DSE II – Contemporary Issues in Physical Education, Fitness and Wellness

Course Outcomes:

- CO1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
- CO2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
- CO3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
- CO4. Explain the contemporary issues and to pics pertaining to the physical activity and health field.
- CO5. Evaluate promoting inclusive physical education that responds to the interests and needs of all students and athletes.

Part A

6 x 1 = 6

Choose the Correct Answer

1. Which one of the following is NOT a component of wellness? CO1 K2
a. Physical b. Mindfulness c. Mental d. Emotional
2. Physical Activity can help with ____ CO2 K2
a. Increase stress level b. Getting sleep amnea
c. Cause leg syndrome d. Helping Social Life
3. The aim of health related fitness is to prevent ____ CO2 K3
a. Power b. Way c. Capacity d. Diseases
4. Which is a component of skill related fitness? CO3 K2
a. Muscular strength b. Power c. Body Composition d. Flexibility
5. A guide that helps adults plan out their physical activity is ____ CO3 K4
a. Physical Activity Pyramid b. Food Pyramid
c. Wellness Pyramid d. Fitness Pyramid
6. The ability to change direction of the body position effectively is CO3 K3
a. Endurance b. Agility c. Flexibility d. Speed

Part B

3 x 6 = 18

Answer All the questions

- 7.a. Differentiate traditional and modern and approach in teaching Physical education. CO2 K1
or CO2 K2
- 7.b. Explain the benefits of Fitness. CO2 K2
- 8.a. Define the terms related to fitness. CO2 K2
or CO3 K3
- 8.b. What are the factors influencing fitness. CO3 K3
- 9.a. Describe Physical activity Pyramid. CO2 K2
or CO2 K2
- 9.b. Explain Wellness and its importance in Physical Education. CO2 K2

Part C

3x12= 36

Answer all the questions

- 10.a. Explain the multicultural needs of Physical Education in Modern Physical Education. CO1 K1
or CO2 K2
- 10.b. Define Physical Fitness and explain its components. CO2 K2
- 11.a. Briefly explain about the dimensions of wellness and its management CO2 K2
or CO1 K1
- 11.b. Describe the global issues of physical education in Schools. CO1 K1
- 12.a. Describe the principles of training. CO2 K2
or CO3 K2
- 12.b. Briefly explain about the different segmental workouts. CO3 K2

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