



*Hamballu*

**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. Recognized by UGC under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India  
**Continuous Internal Assessment II March-2026**  
**Semester -II**

**Class : I BPEd**  
**Major : Physical Education**

**Time : 2 Hours**  
**Max. Marks: 60**

**23BPDE2A- Contemporary Issues in Physical Education, Fitness and Wellness**

**Course Outcome:**

- 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 Physical Education  
**CO4:** Analyze the current issues and to fix pertaining to the physical activity and health field.  
**CO5:** Fostering the multidisciplinary perspective in physical activity and health

**Part – A**

**6X 1 = 6**

**Choose the Correct Answer.**

- Which of the following is a common cause of lower back pain during physical activity? **CO1K2**  
(a) Proper stretching (b) Manual material handling  
(c) Wearing trainers (d) Hydration
- A "strain" is defined as damage to: **CO2K2**  
(a) Ligaments (b) Muscles or tendons  
(c) Bones (d) Jointss
- What should be done immediately after a soft tissue injury? **CO3K1**  
(a) Apply heat (b) Apply the PRICE method  
(c) Continue playing (d) Massage the area
- Which of the following is a key aspect of physical education safety? **CO2K3**  
(a) Only playing in the rain (b) Using proper equipment and techniques  
(c) Ignoring warm-ups (d) Wearing school shoes
- What is the primary goal of a warm-up before exercise? **CO1K3**  
(a) To get tired (b) To prepare the body and prevent injury  
(c) To waste time (d) To increase muscle stiffness
- Why is emotional safety important in PE? **CO1K4**  
(a) To make students afraid (b) To stop all physical activity  
(c) To boost confidence and security (d) It is not important

**Part B**

**3x6=18**

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

- 7(a) Define and meaning of safety education **CO3K2**  
(Or)
- 7(b). Concept of designing diet chart for your age increase or decrease the weight **CO2K3**
- 8 (a). Details about cardio exercises and its types of exercises **CO2K4**  
(Or)
- 8(b). Explain about three segmental workout on in sports **CO3K1**
- 9 (a). Explain FITT formula **CO3K2**  
(Or)
- 9(b). Short notes on anaerobic exercises in different intensities **CO5K1**

**Part C**

**Each answer should not exceed 800 words or two pages**

**3x12=36**

- 10(a) Explain about importance about safety education for physical education **CO2K3**  
(Or)
- 10(b) Enumerate the common injuries and weight management **CO2K2**
- 11 (a) Explain detailed about Hypo kinetic diseases **CO3K2**  
(Or)
- 11(b) Briefly explain prevention and management of safety education **CO4K3**
- 12 (a) Illustrate the basic conditioning exercise for warm up and cool down exercise **CO4K3**  
(Or)
- 12(b). Enumerate the components of fitness **CO2K3**

**Staff in-charge: Mrs.R.Muneeswari**

**Total no of paper : 15**