Maninayk

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 Test –II June-2022
Semester II

Class : I BPEd | **Time : 2 Hours**
Major/Branch : Physical Education | **Max. Marks: 60**

21BPDE2A – DSE II – Contemporary issues in Physical Education, Fitness and Wellness

Course Outcomes:

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
4. Explain the contemporary issues and to pics pertaining to the physical activity and health field.
5. 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. Increase in muscle mass due to heavy weight training is called as CO2K1
 a Muscular Hypotrophy b Muscular Hypertrophy c Muscular Atrophy d Haematoma.

2. Geographical and climatic conditions should be considered when planning CO2K2
 a Indoor activities b Outdoor activities c Child activities d Old people activitities

3. A principle of training dictating that overload should be increased gradually during the course of a physical fitness program is the CO2K2
 a Overload principle b. Progression principle. c Specificity principle d .Recuperation principle

4.The loss of fitness due to inactivity is CO1K2
 a. Reversibility b. Ten percent Rule c. Overtraining d. Specificity

5 The specific type of exercise to be performed is the: CO1K1
 a. Mode of exercise b warm-up c .cool-down d. workout

6. The five key principles of exercise training are CO2K1
 a Overload, progression, consistency, specificity, and reversibility.
 b. Overload, recuperation, specificity, reversibility, and safety.
 c. Overload, specificity, recuperation, progression, and reversibility.
 d. Overload, progression, specificity, recuperation, and individuality

Part B **3x 6 = 18**

Answer any TWO of the following

7.a. Describe about the Health and Safety management in daily life CO2 K1

Or

7.b. Write about the Warm up and Warm down routine CO2 K2

8. a. Explain about Endurance Training Method CO2 K2

or

8.b. What is Fartlek Training and Explain it? CO3K3

9.a. Describe about Complex Training Method CO2 K2

or

9.b. Explain about the Circuit Training Method CO2 K2

Part C

Answer any one of the following the questions **3x12= 36**

10.a. Briefly explain about the exercise and Heart Rate Zones for various intensities CO2K3

Or

10.b Describe the importance of Walking and Cycling Routines for different age groups CO2 K2

11.a. Briefly explain about the Core training and Resistance band Exercises CO2K2

or

11.b. Write about Plyometric training and Swiss Ball Exercises CO2 K3

12.a. Describe about the Modern Life style with Hypokinetic diseases and its preventive measures CO2 K2

Or

12.b. Briefly explain about common injuries and their management CO3 K2

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