



K. Sambath

**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**

**Continuous Internal Assessment Test I – February 2026
II- Semester**

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

**Time: 2 hours
Maximum Marks: 60**

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

Course Outcomes:

1. Identify professional ethics to promote Health and safety lifestyle
2. Understanding the application of relevant theory to a contemporary issue in physical Education, Fitness and wellness
3. Apply qualitative research methods to explore and examine a variety of curricular topics in the field Physical Education
4. Analyze the current issues and to fix pertaining to the physical activity and health field.
5. Fostering the multidisciplinary perspective in physical activity and health

Part - A

6 x 1 = 6

Choose the Correct Answer

1. How many components do physical fitness have CO1K2
a) 5 b) 4 c) 7 d) 6
2. The main cause for night blindness CO2K2
a) deficiency of vitamin C b) deficiency of vitamin A
c) deficiency of vitamin D d) deficiency of vitamin E
3. Gliding movement occurs at which joint CO3K1
a) hip. b) knee . c) elbow d) wrist
4. Isotonic exercise helps in enhancing CO2K3
a) speed b) strength c) endurance d) agility
5. Which of the following body type is needed for a long jumper CO1K3
a) Endomorph b) Ectomorph c) Mesomorph d) Pyknic
6. Breakage of bone is known as CO1K4
a) sprain b) strain c) laceration d) fracture

Part - B

3 x 6 = 18

Each answer should not exceed 400 words or two pages

7 .a.short notes on Anaerobic metabolism CO3K2

(Or)

7.b. Define fitness and benefits of fitness

CO2K3

8 .a. What is physical activity pyramid and principles of training

CO2K4

(Or)

8.b. Illustrate the factors influencing affect of fitness

CO3K1

9 a. Explain FITT formula

CO3K2

(Or)

Part - C

3 x 12 = 36

Each answer should not exceed 800 words or four pages

10.a. Explain the physical education for multi cultural needs of modern school? CO2K3

(Or)

10. b. Enumerate the global issues in the situations of physical education in school? CO2K2

11 .a. Explain the components of fitness? CO3K2

(Or)

11.b. Briefly explain dimension of wellness and its management techniques? CO4K3

12 .a. Illustrate the basic conditioning exercise for warmup and warm down routines CO4K3

(Or)

12.b. Explain the concept of designing different fitness training program for different agegroup? CO2K3

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