

*Avinashilgamm Institute for Home Science and Higher Education for Women*

Coimbatore – 641 043

Continuous Internal Assessment Test I – Feb 2019

Semester –IV

Class : II BSc

Major : Physical Education

Time : 2 Hrs.

Max Marks: 60

**15BPEC13 - Movement Education**

Part A

1×5=5

Choose the correct answer

1. The Law of acceleration is also known as—  
a) Law of inertia b) Law of action and reaction c) Law of momentum d) Boyle's law
2. In which of the following locomotor skills does each foot have two tasks to complete before the weight is transferred to the other foot?  
a) Galloping b) Running c) Walking d) Skipping
3. When dribbling a soccer ball in a restricted space, the player should attempt to do all of the following EXCEPT  
a) keep the ball close to the feet  
b) stay in a slightly crouched position  
c) use body feints and changes of speed  
d) use only the dominant foot for better control
4. The correct racing posture of a swimmer, a cyclist, or a downhill skier minimizes the effect of  
a) lift b) propulsion c) turbulence d) gravity
5. Who among the following are found to be most agile?  
a) High jumper athlete b) Gymnasts c) Swimmers d) Drivers

**Part B**

Answer the following in short

2×5=10

6. Define Movement Education
7. Define Locomotor Movement
8. What is Manipulative Skill?
9. List down Rudolph Movement Concepts
10. Define Spatial Awareness

**Part C**

3×5=15

Answer the following

11. a) Enumerate the concepts of Movement Education (or )  
b) Describe Innovative teaching idea in Movement Education
12. a) Explain – Movement Analysis (or )  
b) Explain – Qualities of Movement

- 13. a) What is Limitation method? (or)
- b) Draw a chart for Movement Education class, for grade II

Part D

2×15=30

Answer the following in detail

- 14. a) Write in detail about the fundamental movements (or )
- b) Write about the history of Movement Education

15. a) Explain Methods of teaching used in Movement Education (Or)

b) Explain movement Concepts