



**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – April 2019
II Semester

Class : I B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

**18BPDE2A Discipline Specific Elective (DSE-II) : Contemporary Issues in Physical
Education, Fitness and Wellness**

Part – A

10 X 1 = 10

Choose the correct answer

1. Health for living is
 - a. fitness education
 - b. health education
 - c. health services
 - d. health living
2. Any one carry out their work without fatigue is
 - a. speed
 - b. endurance
 - c. physical fitness
 - d. strength
3. Physical fitness component is
 - a. endurance
 - b. tension
 - c. anxiety
 - d. stress
4. Number of test items in health related physical fitness are
 - a. 5
 - b. 6
 - c. 3
 - d. 7
5. After acquiring master of skills the stress should be given to
 - a. endurance development
 - b. tactical training
 - c. both of the above
 - d. none of the above
6. Anaerobic capacity contributes to
 - a. endurance development
 - b. co-ordination development
 - c. flexibility development
 - d. speed development
7. Flexibility can be developed by practicing
 - a. Weight training
 - b. Continuous training
 - c. Hill training
 - d. Asanas
8. Fartlek is a Swedish word which means
 - a. nature of recovery
 - b. duration of work
 - c. speed plays
 - d. number of repetition
9. Promotion of health is called
 - a. health fitness
 - b. health counseling
 - c. health program
 - d. health records
10. Sprains are due to
 - a. Broken bones
 - b. Bone ends out of place
 - c. Stretched or turn joint ligament
 - d. None of the above

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Explain briefly the "global issues" in contemporary fitness.
(or)
11. b. What are the temporary issues in physical education ?
(or)
12. a. Explain the components of fitness.
(or)
12. b. Briefly explain the dimensions of wellness.
(or)
13. a. Explain about basic conditioning exercises.
(or)
13. b. Explain about principles of training.
(or)
14. a. Write a short notes on interval training.
(or)
14. b. State the importance of core training.
(or)
15. a. Write the techniques of safety management.
(or)
15. b. Explain common injuries and its management.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Explain physical education for multicultural needs of modern schools.
(or)
16. b. Explain the transition from traditional to modern approaches in physical education.
(or)
17. a. Explain health related physical fitness.
(or)
17. b. Describe about factors influencing fitness.
(or)
18. a. Explain the concept of designing different fitness training programmes for different age groups.
(or)
18. b. List out the various aerobic and anaerobic exercises. Explain it.
(or)
19. a. Explain circuit training and draw as model general circuit.
(or)
19. b. Explain weight training and state its importance.
(or)
20. a. Important of safety education for physical education - Justify.
(or)
20. b. How to maintain health and safety in daily life ? Explain it.
