



K. Sambal

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. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment II April 2025

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:

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

Choose the Correct Answer.

6X 1 = 6

1. Which one of the following unit measures the isometric strength of muscles
a) kilogram b) joule c) pound d) liter CO1 K2
2. Dynamics strength is also known as
a) isometric b) isotonic c) isokinetic d) isotonic CO2 K2
3. The ability to repeat the activity of the same sampling is called
a) strength b) speed c) endurance d) muscular endurance CO3 K1
4. Isotonic exercise helps in enhancing
a) speed b) strength c) endurance d) agility CO2 K3
5. The scientific meaning of wellness is the state of being healthy and.....
(a) sorrow (b) free from disease (c) stress (d) anxiety CO1 K3
6. Endurance is also known as
(a) strength (b) speed (c) acceleration ability (d) stamina CO1 K4

Part B

Each answer should not exceed 400 words or two pages

3x6=18

7. (a) detail explain about continuous method and interval training
(Or) CO3 K2
7. (b). Concept of designing different fitness training program different age group CO2 K3
8. (a). What is physical activity pyramid and principles of training
(Or) CO2 K4
8. (b). Detail explain about flexibility and its type CO3 K1
9. (a). Explain FITT formula
(Or) CO3 K2
9. (b). Short notes on plyometric training CO5 K1

Part C

Each answer should not exceed 800 words or two pages

3x12=36

10. (a) Explain about swiss ball exercise on various age group.
(Or) CO2 K3
10. (b) Enumerate the swiss ball and resistant exercise training. CO2 K2
11. (a) Explain detailed about strength training and its types.
(Or) CO3 K2
11. (b) Briefly explain exercise and heart rate for various aerobic and anaerobic exercise. CO4 K3
12. (a) Illustrate the basic conditioning exercise for warmup and cooldown exercise.
(Or) CO4 K3
12. (b). Enumerate the endurance training and its type. CO2 K3