



Maximum

**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)  
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I – February 2023**  
**IV SEMESTER**

**Class : II UG**

**Major : Physical Education**

**Time : 2 hours**

**Max. Marks : 60**

**21BPEC13 – MOVMENT EDUCATION AND PRIMARY PHYSICAL EDUCATION**

**Course Outcomes:**

CO1: Apply basic anatomical relational ship to the felt sense of the body including the expressiveness inherent in movement.

CO2: Develop skills in presenting both in writing and in speaking topics from the discipline of studies

CO3: Gain proficiency in skill specific to the efficient movement

CO4: Demonstrate understanding that physical activity can affect body composition and help maintain a healthy body

CO5: Provides children with opportunities to improve fitness and be active for societal for trends

**PART – A**

**Choose the Correct Answer**

**6 x 1 = 6**

1. A new approach to \_\_\_\_\_ school physical education is called "movement education. COIK1
2. Movement education is instruction that teaches children how to \_\_\_\_\_ by using physical movement CO2K1
3. Movement education is about teaching movement through four key concepts \_\_\_\_\_ CO3K2
4. Movement education is instruction in the improvement of a person's \_\_\_\_\_ through physical movement CO2K3
5. Who started education movement CO3K2  
a) Horace Mann      b) johan hendry      C) bosco      b) henny
6. a part of physical therapy, the patient/student gains a deeper understanding of their body in motion and an increased efficiency of movement in their \_\_\_\_\_ activities CO3K3

**PART – B**

**3X6 = 18**

**Answer all Questions**

**Each answer should not exceed 400 words or two**

7. a. Meaning of movement education? CO1K1  
or
7. b. Importance of movement education ? CO1K2
8. a. What is movement education? or CO2K3
8. b. Write about movement education examples? CO3K3
9. a. movement education concepts explain or CO3K2
9. b. What is an example of movement and learning CO4K1

**PART – C**

**3X 12 = 36**

**Answer all Questions**

**Each answer should not exceed 800 words or four pages**

10. a. What is movement education and importance? CO1K1  
or
10. b. four aspects of movement education formwork explain? CO1K1
11. a. What is the concept of the movement education CO2K2  
or
11. b. What are the 7 fundamental movements patterns? CO3K2
12. a. Explain benefits of movement education? CO3K3  
or
12. b. What are the main types of movements with diagrams? CO4K2