



Mallikarjuna

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 II – April 2023
II SEMESTER

Class : I BPED
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

21BPDE2A Contemporary Issues in physical Education, Fitness and Wellness

Course Outcomes:

At the end of the course, students will

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

6x1=6

Choose the correct answer

1. The percentage of fat , bone, water and muscle in human body is called
 a. Muscular endurance b. Muscular strength c. Body composition d. Flexibility COIK2
2. Exercising for longer duration with less weight is related to
 a. Endurance b. Strength c. Speed d. Co-ordination CO2K3
3. Performing daily chores without any fatigue is
 a. Mental Wellness b. Dynamic ability c. Physical fitness d. Co-ordination CO2K2
4. Good health is
 a. Living a proper lifestyle b. Achieving the wellness dimensions
 c. Preventing obesity d. Controlling one s environment CO1K2
5. Exercising at 70 %to 90% of maximum heart rate means by calculating at
 a. Threshold level b. Cardio respiratory rate c. Endurance rate d. Target heart rate CO2K2
6. Harvard step test is a test for measuring
 a. Leg strength b. Cardio vascular endurance
 c. Agility d. Speed of movement CO2K2

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define training and explain its principles COIK2
 (or)
7. b. Write about FITT Formula and three segmental workouts COIK2
- 8.a. Briefly explain about the warm up and warm down routine CO2K2
 (or)
- 8.b. Describe about endurance training method CO2K3
- 9.a. Elaborate the Resistive band exercises CO1K2
 (or)
- 9.b. Write about Core training method CO2K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Explain about the exercise and heart rate zones for various aerobic intensities CO2K1
 (or)
10. b. Elaborate the different fitness training program for different age group CO2K3
- 11 a. Write about Fartlek and interval training CO2K1
 (or)
11. b. Describe about the Complex and plyometric training CO2K3
- 12.a. Elaborate Swiss ball exercises and its uses CO2K4
 (or)
- 12.b Describe about the Hypo-kinetic disease CO3K4

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Staff in-charge: Dr.T.Shanmugavalli