



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 Test I –February 2020
Semester IV

Class : II BSc
Major/Branch: Physical Education

Time : 2 Hours
Max.Marks:60

18BPEC13 & Movement Education and Primary Physical Education
Course Outcomes:

1. Apply basic anatomical relationships to the felt sense of the body, including the expressiveness inherent in movement.
2. Develop skills in presenting, both in writing and in speaking, topics from the discipline of Movement Studies.
3. Gain proficiency in skills specific to the efficient movement.
4. Demonstrate understanding that physical activity can affect body composition and help maintain a healthy body
5. Provides children with opportunities to improve fitness and be active for societal trends

PART – A

Circle the Correct Answer

5 x 1 = 5

1. A tool used to measure height
a. Stadiometer b. Skin fold calliper c. Girth measurement d. Spirometer
CO1 K2
2. If two people has equal height and body weight, their body composition
a. Same b. Partially same c. Different d. partially different
CO2 K2
3. The measuring instrument of Blood pressure is
a. Stadiometer b. Manometer c. Sphygmomanometer d. Dynamometer
CO1 K3
4. Grain products such as breads, cereals and rice are the source of
a. Carbohydrate b. Protein c. Fat d. Vitamins
CO5 K2
5. Continuity or coordination of movements
a. Flow b. Space c. Time d. Effort
CO4 K1

PART – B

Answer all the questions

5 X 2= 10

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|-------------------------------------|--------|
| 6. What is movement education | CO3 K2 |
| 7. Write five fundamental movements | CO2 K3 |
| 8. What is locomotor skills | CO1 K2 |
| 9. Define Spatial awareness | CO3 K3 |
| 10. What is primary education | CO5 K2 |

PART – C

Answer should not exceed 200 words or one page

3 X 5 = 15

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|---|--------|
| 1. a. Describe concepts and factors of movement education?
(or) | CO3 K2 |
| b. Explain qualities and relationship of movement? | CO1 K2 |
| 2. a. Explain the aims and objectives of Movement Education in physical education
(or) | CO4 K1 |
| b. Enumerate the Principles and promoting participation in primary education | CO1 K2 |
| 3. a. Explain the Direct methods and indirect method of movement education?
(or) | CO2 K1 |
| b. Explain the Spatial awareness and Body Awareness of movement education? | CO5 K3 |

PART – D

Answer should not exceed 700 words or four pages

2X 15 =30

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| 4. a. Briefly about fundamental movements in physical education
(or) | CO1 K2 |
| b. Write briefly about the innovative teaching ideas for movement education? | CO2 K1 |
| 5. a. Write briefly about the methods of teaching used in movement education?
(or) | CO2K2 |
| b. Explain the various safety measures used in primary physical education? | CO1 K2 |