



Murugesu

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

**Bachelor of Physical Education Degree Examination – May 2023
II Semester**

Class: I B.P.Ed.

**Time : 3 Hours
Max. Marks : 100**

**21BPDE2A Discipline Specific Elective (DSE) - II: Contemporary Issues in
Physical Education, Fitness and Wellness**

Course Outcomes:

- CO1: Identify professional ethics to promote health and safety lifestyle
CO2: Understanding the application of relevant theory to a contemporary issue in physical education, fitness and wellness
CO3: Apply qualitative research methods to explore and examine a variety of curricular topics in the field of Physical Education
CO4: Analyze the current issues and to fix problems pertaining to the physical activity and health field
CO5: Fostering the multidisciplinary perspective in physical activity and health

**Part A
Choose the Correct Answer**

10 x 1 = 10

- _____ teaching approach involves multi-dimensional instruction with a student focus. CO1 K2
a. Modern b. Traditional c. Conservative d. Technical
- This issue in physical education administration is affecting at the field level and coaching level. CO1 K4
a. Lack of infrastructure b. Lack of financial inputs
c. Lack of qualified personnel d. Lack of curricular integration
- _____ exercises centered in activating/providing exercise to body parts in specific. CO2 K2
a. Cognitive b. affective c. emotional d. Motor
- Which one is not a part of physical activity pyramid? CO2 K3
a. Flexibility b. Balancing energy c. Muscle fitness d. Inactivity
- The important component which deals with the speed and pace in the exercise program design is, CO3 K3
a. Voiume b. Intensity c. Tempo d. frequency
- Zone 3 heart rate represents what percentage? CO3 K2
a. 50-60% b. 60-70% c. 70-80% d. 80-90%
- "Put your wrists on the ball and clap your hands together almost like you're praying. Then roll it", is an instruction in _____ ball exercise. CO4 K4
a. Hard b. Swiss c. Wall d. Slam
- _____ disease is caused by a loss of dopamine in the brain. CO4 K5
a. Hypokinesia b. Thyroid c. Swelling d. Muscle cramp
- _____ diseases in specific are those conditions that occur as a result of lack of exercise and movement. CO5 K4
a. thyroid b. hypokinetic c. heart d. mental
- The _____ is a preparation for physical exertion or a performance by exercising or practising gently beforehand. CO5 K2
a. warming up b. cooling down c. warming down d. turning down

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Part B**5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 11.a. Highlight the multicultural needs towards physical education in modern school. CO1 K3
(or)
- 11.b. Discuss the significance of traditional approaches to teaching physical education. CO1 K2
- 12.a. Justify the need for fitness at all ages with illustrations. CO2 K4
(or)
- 12.b. Write a note on health related and motor related fitness. CO2 K5
- 13.a. Enumerate the benefits for planning an exercise program. CO3 K3
(or)
- 13.b. Explain the benefits of basic conditioning exercises – warm-up and warm-down. CO3 K3
- 14.a. Give brief account on the following:
(i) Core training (ii) Flexibility training CO4 K2
(or)
- 14.b. Analyse the important aspects to be kept in mind while designing fitness training program for different age groups. CO4 K4
- 15.a. Highlight the importance of safety management techniques in physical education. CO5 K3
(or)
- 15.b. Analyze the causes of modern life-style diseases and suggest remedial measures. CO5 K4

Part C**5 x 12 = 60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 16.a. Elucidate on the approaches to be adapted to transit from traditional approaches to modern approaches to teaching physical education. CO1 K3
(or)
- 16.b. Discuss on the Global issues in the context of physical education in schools. CO1 K2
- 17.a. Describe the components of health related and motor related physical fitness. CO2 K3
(or)
- 17.b. Give a detailed note by presenting a sketch on the physical activity pyramid with illustrations. CO2 K4
- 18.a. Explain the exercises and heart rate zones of various aerobic and anaerobic exercise intensities. CO3 K5
(or)
- 18.b. Enunciate the concept of FITT formula and discuss its advantages and limitations. CO3 K4
- 19.a. Present brief notes on the following methods in endurance training:
(i) Continuous method (ii) Repetition method and (iii) Fartlek method CO4 K2
(or)
- 19.b. Give a detailed account on the various training and evaluating process and procedures in physical training. CO4 K3
- 20.a. Describe the various common injuries that happen during physical training and in daily life and their management. CO5 K3
(or)
- 20.b. Elucidate the importance and knowledge of safety education and physical education for people of all ages. CO5 K2
