



**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

**Bachelor of Physical Education Degree Examination – June / July 2021**  
**II Semester**

**Class: I B.P.Ed.**

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

**18BPDE2A Discipline Specific Elective - II : Contemporary Issues in Physical Education, Fitness and Wellness**

Course Outcomes:

- CO1: Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.  
CO2: Apply qualitative research methods to explore and critically examine a variety of curricular topics.  
CO3: Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.  
CO4: Explain the contemporary issues pertaining to the physical activity and health field.  
CO5: Evaluate promoting inclusive physical education that responds to the interests and needs of all students and athletes.

**Part A** **10 x 1 = 10**  
**Choose the Correct Answer**

- \_\_\_\_\_ is that it gives individuals the opportunity to examine their own social and cultural bias, break down those bias, and change their perspective within their own setting. **CO1 K2**
  - Women education
  - Minority education
  - Multicultural education
  - Peace education
- A \_\_\_\_\_ teaching approach involves direct instruction from physical education teachers that focuses on a more “teacher-centered” or teacher-led physical education curriculum. **CO2 K3**
  - traditional
  - scientific
  - modern
  - neo-modern
- A state of health and well-being and, more specifically, the ability to perform aspects of sports is termed as \_\_\_\_\_ fitness. **CO2 K2**
  - nutritional
  - physical
  - mental
  - moral
- \_\_\_\_\_ exercises concentrate with activating or providing exercise to body parts in specific. **CO3K3**
  - Cognitive
  - Affective
  - Emotional
  - Motor
- An examination or a follow-up exam with a physician is required for that of a sports person is called as \_\_\_\_\_ evaluation. **CO2 K3**
  - academic
  - medical
  - technical
  - fitness
- The \_\_\_\_\_ is a preparation for physical exertion or a performance by exercising or practising gently beforehand. **CO1 K2**
  - warming up
  - cooling down
  - heating up
  - turning down
- \_\_\_\_\_ training occurs when the body moves very little or not at all while contracting the muscle fibres. **CO3 K3**
  - Dynamic
  - Mechanical
  - Isolated
  - Static
- \_\_\_\_\_ also known as jump training or plyos, **CO3 K4**
  - Plyometrics
  - Sociometric
  - Angiometric
  - Synchrometric

9. \_\_\_\_\_ is the teaching of specific knowledge, skills and understanding that children need in order to stay safe in a given situation. C01 K2
- a. Moral education b. Peace education  
 c. Health education d. Safety education
10. \_\_\_\_\_ diseases in specific are those conditions that occur as a result of lack of exercise and movement. C02 K3
- a. Thyroid b. Hypokinetic  
 c. Heart d. Mental

**Part B**

**5X6=30**

**Answer ALL questions**

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

- 11.a. Discuss the significance of traditional approaches to teaching physical education. C03 K4  
 (or)
- 11.b. Highlight the need for multicultural perspectives in physical education. C03 K3
- 12.a. Elucidate the various factors influencing fitness. C04 K4  
 (or)
- 12.b. Present a sketch on the physical activity pyramid with illustrations. C03 K2
- 13.a. Explain the FITT formula with an illustration. C04 K5  
 (or)
- 13.b. Write a note on the advantages of basic conditioning exercises. C03 K3
- 14.a. Give a brief account of: i Core training and ii Circuit training. C02 K3  
 (or)
- 14.b. Discuss the importance and need of safety in physical education. C03 K2
- 15.a. Enumerate the common injuries and their management. C03 K3  
 (or)
- 15.b. Analyze the various problems related with modern life style. C04 K4

**Part C**

**5X12=60**

**Answer ALL questions**

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

- 16.a. Highlight the global issues pertaining to physical education in schools. C05 K4  
 (or)
- 16.b. Elucidate the modern approaches to teaching physical education citing relevant examples. C03 K3
- 17.a. Explain the various dimensions of wellness and its management techniques with illustrations. C04 K4  
 (or)
- 17.b. Analyze why it is essential for planning an exercise program. Mention its benefits. C04 K6
- 18.a. Infer the heart rate zones of various aerobic and anaerobic exercise intensities. C05 K5  
 (or)
- 18.b. Enunciate the concept of designing fitness training program for different age groups. C04 K5
- 19.a. Give a brief description of the following:  
 i Resistance band exercises ii Swiss ball exercises C03 K3  
 (or)
- 19.b. Write short notes on the following:  
 i Continuous method ii Repetition method and iii Fartlek training. C04 K3
- 20.a. Present a detailed overview on the various safety management techniques in physical education. C03 K3  
 (or)
- 20.b. Discuss the need for awareness, prevention and management of hypo-kinetic diseases. C04 K5

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