



Mavinay

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 2023
Semester II

Class : I BPED
Major/Branch: Physical Education

Time: 2 Hours
Max. Marks: 60

**21BPDE2A – DSE II – CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,
FITNESS AND WELLNESS**

Course Outcomes:

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

Part –A
Answer all the questions

1x6=6

- 1 The ability of muscles to face any resistance is known as _____
a. Muscular strength b. Flexibility c. Endurance d. Coordination **CO2K1**
- 2 A capacity to think critically is an example of _____ wellness
a. Emotional b. Intellectual c. Interpersonal and social d. Spiritual **CO2K3**
- 3 The optimum range of motion of the joints of a person's body indicates _____
a. Flexibility b. Shape c. Texture d. Expansion **CO2K5**
- 4 To fight against Covid-19 Virus most of the human population need _____ related fitness
a. Performance b. Health c. Spiritual d. Social **CO2K1**
- 5 Sphygmomanometer is used to measure
a. Blood Haemoglobin b. Blood cholesterol
c. Blood Pressure d. Blood Volume **CO2K3**
- 6 Harvard step test is a test for measuring
a. Leg Strength b. Cardio vascular endurance
c. Agility d. Speed of Movement **CO2K5**

Part B

Each answer should not exceed 400 words or two pages

3x6=18

- 7 (a). Define fitness and explain its benefits
(or) **CO3K2**
- 7 (b). Explain about the different types of fitness. **CO2K4**
- 8 (a). Write about physical activity pyramid.
(or) **CO2K4**
- 8 (b). Write about the principles of training **CO2K3**
- 9 (a). What are the benefits of fitness?
(or) **CO2K3**
- 9 (b). Write about the global issues of PE in schools. **CO2K3**

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10 (a). What are the multicultural needs of PE in modern schools
(or) **CO3K1**
- 10 (b). Write about the components of physical fitness. **CO3K3**
- 11 (a). Explain about the dimensions of wellness and its management techniques
(or) **CO2K4**
- 11 (b). Describe about the factors influencing fitness. **CO2K4**
- 12 (a). Explain FITT Formula.
(or) **CO2K3**
- 12 (b). Explain the modern approaches to teaching in physical education. **CO2K3**