



*Murugan*

**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's Degree Examination – May 2023**

**IV Semester**

**Class : II UG**

**Major : Physical Education**

**Time : 3 Hours**

**Max. Marks: 100**

**21BPEC13 Movement of Education and Primary Physical Education**

**Course Outcomes:**

1. Apply basic anatomical relational ship 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 studies
3. Gain proficiency in skill 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 for trends

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. Specialized sports skills should thought after the age of  
a. 12 years  
b. 5 years  
c. 7 years  
d. 10 years  
CO3K2
2. Precise movements using small muscle groups are called  
a. Gross motor skills  
b. Closed skills  
c. Open skills  
d. Fine motor skills.  
CO2K2
3. Discus throwing can be considered as  
a. Locomotor skill  
b. Non-locomotor skill  
c. Manipulative skill  
d. Body management skill.  
CO4K2
4. Which of the following is not considered as a life skills?  
a. Decision making  
b. Sports skills  
b. Interpersonal relationship skill  
d. Communication  
CO4K3
5. Concepts of following subjects can be taught through sports  
a. Mechanics  
b. Mathematics  
c. Science  
d. All of the above  
CO2K2
6. The main purpose of the evaluation is to make  
a. Decision  
b. Opinion  
c. Judgement  
d. Prediction  
CO1K2
7. Which of the following ability is developed by sports participation?  
a. Decision making ability  
b. Concentration  
c. Self- efficacy  
d. All of the above  
CO3K2
8. Which of the following is not considered as an organisation?  
a. Club  
b. School  
c. Association  
d. Society  
CO3K2
9. The most suitable class formation for teaching shot put is a  
a. Circle  
b. Semicircle  
c. Triangle  
d. Square  
CO2K1
10. Dynamometer is used to measure  
a. Flexibility  
b. Agility  
c. Strength  
d. Speed  
CO3K2

**Part B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

**5 x 6 = 30**

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|---|-------|
| 11.a. Write meaning and definition for movement education.<br>(or)                    | CO2K2 |
| 11.b. Describe locomotor and non locomotor movements.                                 | CO1K1 |
| 12.a. Write short notes on following (a) Body awareness (b) Spatial awareness<br>(or) | CO2K2 |
| 12.b. Describe limitation method in primary physical education.                       | CO3K3 |
| 13.a. Write how to promote the participation and activities.<br>(or)                  | CO2K2 |
| 13.b. Write principles of themes in primary physical education.                       | CO4K4 |
| 14.a. Describe aquatics.<br>(or)  | CO2K2 |
| 14.b. Describe how to develop understanding in PPE.                                   | CO1K1 |
| 15.a. Describe peer group teaching.<br>(or)   | CO4K4 |
| 15.b. Briefly explain suggested equipments in Physical education.                     | CO3K2 |

**Part C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

**5 x 12 = 60**

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|---|-------|
| 16.a. Explain aim, concept and factors of movement education.<br>(or)                       | CO2K2 |
| 16.b. Explain innovative teaching ideas for movement education.                             | CO3K4 |
| 17.a. Explain qualities of movement and relationship of movements.<br>(or)                  | CO2K3 |
| 17.b. Explain methods of teaching used in movement education.                               | CO4K4 |
| 18.a. Explain aim, objectives and scope of primary physical education.<br>(or)              | CO2K2 |
| 18.b. Explain principal and guideline for good practice.                                    | CO3K3 |
| 19.a. Explain basic structure of athletics or games.<br>(or)                                | CO2K3 |
| 19.b. Explain terminology of outdoor activities.  | CO3K2 |
| 20.a. What is teaching approach? Explain varieties of teaching approach.<br>(or)            | CO1K3 |
| 20.b. Explain organizing the physical education lessons of individual and station teaching. | CO2K3 |

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