



Rambilla

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.CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment – I February 2025

Class: I BPEd

Time: 2 Hours

Major: Physical Education

Max Marks: 60

**23BPDE2A- DSE-II Contemporary Issues in Physical Education,
Fitness and Wellness**

Course Outcome:

1. Identify professional ethics to promote Health and safety lifestyle
2. Understanding the application of relevant theory to a contemporary issue in physical Education, Fitness and wellness
3. Apply qualitative research methods to explore and examine a variety of curricular topics in the field Physical Education
4. Analyze the current issues and to fix pertaining to the physical activity and health field.
5. Fostering the multidisciplinary perspective in physical activity and health

Part – A

Choose the Correct Answer.

6X 1 = 6

1. How many components do physical fitness have
a) 5 b) 4 c) 7 d) 6 **CO1K2**
2. The main cause for night blindness
a) deficiency of vitamin C b) deficiency of vitamin A.
c) deficiency of vitamin D d) deficiency of vitamin E **CO2K2**
3. Gliding movement occurs at which joint
a) hip b) knee c) elbow d) wrist **CO3K1**
4. Isotonic exercise helps in enhancing
a) speed b) strength c) endurance d) agility **CO2K3**
5. Which of the following body type is needed for a long jumper
a) Endomorph (b)ectomorph (c) mesomorph (d) all of these **CO1K3**
6. Breakage of bone is known as
a) sprain (b) strain (c) laceration (d) fracture **CO1K4**

Part B

Each answer should not exceed 400 words or two pages

3x6=18

7. (a) Short notes on transition from traditional from modern approaches to teaching. **CO3K2**
Physical Education
(Or)
7. (b) Define Fitness and benefits of fitness **CO2K3**
8. (a) What is physical activity pyramid and Principles of training **CO2K4**
(Or)
8. (b) Illustrate the factors influencing fitness **CO3K1**
- 9.(a) Explain FITT formula **CO3K2**
(Or)
9. (b) Short notes on medical evaluation **CO5K1**

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10.(a) Explain the physical education for multi cultural needs of modern school? **CO2K3**
(Or)
- 10.(b) Enumerate the global issues in the situations of physical education in school? **CO2K2**
11. (a) Explain the Components of Fitness? **CO3K2**
(Or)
11. (b) Briefly explain dimension of wellness and its management techniques? **CO4K3**
12. (a) Illustrate the basic conditioning exercise for warmup and warm down routines? **CO4K3**
(Or)
12. (b) Explain the concept of designing different fitness training program for different age group? **CO2K3**