



Maximum

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 12 B
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment Test I - ~~February~~ ^{March} 2022

Class: IIB.Sc
Major: Bachelor of Physical Education

Time: 2 Hrs.
Max Marks: 60

18BPEC13 & Movement Education and Primary Physical Education

PART - A

Circle the Correct Answer

6 x 1 = 6

1. The body movement that move the body from one place to another is called----- CO1K1
a. Skipping b. Galloping c. Running d. Jumping
2. A tool used to measure height CO1 K2
a. Stadio meter. b. Skin foldcalliper c. Girth measurement d. Spirometer
3. If two people has equal height and body weight, their body composition CO2 K2
a. Same b. Partially same c. Different d. partially different
4. The measuring instrument of Blood pressure is CO1 K3
a. Stadiometer b. Menometer c. Sphygmomanometer d. Dynamometer
5. Grain products such as breads, cereals and rice are the source of CO5 K2
a. Carbohydrate b. Protein c. Fat d. Vitamins
6. Continuity or coordination of movements CO4 K1
a. Flow b. Space c. Time d. Effort

PART – B

Answer should not exceed 400 words or One Page

3X 6 = 18

7. a. Describe concepts and factors of movement education? CO3 K2
(or)
7. b. Explain qualities and relationship of movement? CO1 K2
8. a. Explain the aims and objectives of Movement Education in physical education CO1 K1
(or)
8. b. Enumerate the Principles and promoting participation in primary education CO1 K2
9. a. Explain the Direct methods and indirect method of movement education? CO2 K1
(or)
9. b. Explain the Spatial awareness and Body Awareness of movement education? CO1 K3

PART – D

Answer should not exceed 800 words or four pages

3X12= 36

10. a. Briefly about fundamental movements in physical education CO1 K2
(or)
10. b. Enumerate the need and important of Movement Education in Physical Education? CO3 K3
11. a. Write briefly about the methods of teaching used in movement education? CO2K2
(or)
11. b. Explain the various safety measures used in primary physical education? CO1 K2
12. a. Write briefly about the innovative teaching ideas for movement education? CO2 K1
(or)
12. b. Explain about fundamental movements in physical education CO3 K2