



Chambal

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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – May 2025 II Semester

Class : I B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDE2A Discipline Specific Elective (DSE) - II: Contemporary Issues in Physical Education, Fitness and Wellness

Course Outcomes:

CO1: Identify professional ethics to promote Health and Safety lifestyle

CO2: Understanding the application of relevant theory in contemporary issues in Physical Education fitness and wellness

CO3: Apply qualitative research methods to explore and examine variety of curricular topics in the field of Physical Education

CO4: Analyse the current issues and to fix pertaining to Physical activity and health field

CO5: Fostering the multidisciplinary perspective in physical activity and health

Part A

10 x 1 = 10

Choose the Correct Answer

1. The First Physical Education World Summit which highlighted concern about _____ of Physical education in the schools in many countries in the world
a. Perceived decline b. Upgrade the standard c. Understanding d. Objectives
CO1 K2
2. Physical Education is seen as play rather as serious subjects mainly because the Asians countries does not have
a. Sports Interest b. Sports Culture c. Sports participation d. Sports for all
CO1 K3
3. Which one of the following is not health related fitness?
a. Cardio respiratory endurance b. Flexibility c. Body Composition d. Co-ordination
CO2 K4
4. _____ is the process of making choices for a more successful existence
a. Fitness b. Sports skills c. Fun d. Wellness
CO3 K5
5. More than the level of demand of exercise required by the body is called as
a. Load b. Frequency c. Volume d. Intensity
CO3 K1
6. Which one of the following formula is used by Karvonen to assess the Heart rate training zone?
a. $MHR - RHR = HRR$ b. $220 - age = MHR$ c. $210 - age = MHR$ d. $Intensity = \% \times HRR$
CO3 K1
7. The basic type of PNF stretching technique is
a. Hold-relax b. Contract – relax – contract
c. Hold- relax during contraction d. Isotonic Stretch
CO4 K2
8. It is the ability to perform challenging physical task that demand good form and control in core training
a. Core mobility b. Core strength c. Core stability d. Core flexibility
CO4 K5
9. The teacher should _____ on health and safety issues, recent developments and changes in the society.
a. Up-to-date b. Understand c. Specify d. listen
CO5 K1
10. Some fractures are more common among gymnastic athlete
a. Forearm b. Tibial c. Clavicular d. knee
CO5 K2

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Analyse the current situation of school physical education in Europe. CO1 K3
(or)
- 11.b. Evaluate the benefits of traditional method of teaching in Physical Education. CO1 K5
- 12.a. Explain the factors influencing fitness. CO2 K1
(or)
- 12.b. Explain the physical activity pyramid in Physical Education. CO2 K4
- 13.a. Explain about FITT formula. CO3 K6
(or)
- 13.b. Point out the routines of warm up and warm down. CO3 K4
- 14.a. Evaluate the benefits of PNF Training. CO4 K5
(or)
- 14.b. Appraise the advantages of Swiss Ball exercises. CO4 K5
- 15.a. Describe the benefits of safety education for physical education. CO5 K2
(or)
- 15.b. Judge the symptoms of Hypo-kinetic diseases. CO5 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Discuss the problem existing in Physical Education programme in our country. CO1 K4
(or)
- 16.b. Explain the needs of multicultural approach for the modern Physical Education. CO1 K3
- 17.a. Discuss the components of physical fitness through physical education. CO2 K6
(or)
- 17.b. Explain the various dimensions of wellness and its benefits. CO2 K4
- 18.a. Explain the basic principles of sports training for the development of fitness. CO3 K2
(or)
- 18.b. Discuss the consideration for designing the development of fitness among children. CO3 K6
- 19.a. Explain the different method of developing endurance. CO4 K5
(or)
- 19.b. Write about the significance of Resistance band exercises. CO4 K6
- 20.a. Explain varied safety management technique. CO5 K3
(or)
- 20.b. List down the common sports injuries in detail. CO5 K4
