

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011

**Physical Education**

**PHILOSOPHICAL AND SCIENTIFIC BASES OF PHYSICAL EDUCATION**

**(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Definition of “philosophy”.
2. What is Idealism?
3. Explain motivation and learning.
4. Explain Intelligence and learning.
5. Meaning of sociology.
6. Explain sociology of sports.
7. Definition of “curriculum”.
8. Role of Administration in curriculum.
9. Importance of curriculum.
10. What is field try out in curriculum?

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

All questions carry equal marks.

11. (a) Explain Philosophy in Education.

Or

- (b) Explain Realism.

12. (a) What is law of learning?

Or

- (b) Explain Individual differences in learning.
13. (a) Explain sociological implications of educational sports

Or

- (b) Explain group Dynamics.
14. (a) Explain curriculum design.

Or

- (b) Explain physical education curriculum in colleges.
15. (a) Explain curriculum Reform.

Or

- (b) Explain Appraisal of total curriculum.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain philosophy in physical education and Body mechanics.
17. What are the theories of learning and Explain.
18. Explain sociological Benefits of sports.
19. Explain physical education curriculum in university.
20. Explain curriculum Experimentation and improvement through Administrative standards.
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**RW-7048**

**811102**

**M.P.Ed. DEGREE EXAMINATION,  
NOVEMBER 2011**

**Physical Education**

**MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS**

**(CBCS – 2010 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define management.
2. What is management structure?
3. Define policy.
4. What is supervision?
5. What is planning?
6. What do you mean by physically challenged people?
7. Define budget appraisal.
8. What is fiscal management?
9. Write the meaning of purchase process.
10. Write the meaning of issue process.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

All questions carry equal marks.

11. (a) Explain importance of management.
- Or
- (b) Discuss effective and efficient management.
12. (a) Write the general and specific qualification of physical education teacher.

Or

- (b) Write the general and specific qualification of a Coach.
13. (a) Discuss about indoor facilities.

Or

- (b) Discuss about outdoor facilities.
14. (a) Explain the importance of office management.

Or

- (b) Describe about risk management.
15. (a) Write the guidelines for selecting sports equipments.

Or

- (b) Write the guidelines for purchasing sports equipment.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Describe the principles for organizing physical education program.
17. Discuss methods of evaluation of physical education and sports program.
18. What are the health consideration to be taken care of in planning facilities for physical education program?
19. Discuss about budget presentation and adoption.
20. Explain the process of checking, storing, issuing and maintaining equipments.
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**RW-7049**

**811103**

**M.P.Ed. DEGREE EXAMINATION,  
NOVEMBER 2011**

**Physical Education**

**SPORTS PHYSIOLOGY**

**(CBCS - 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define “energy”.
2. What is aerobic metabolism?
3. Define residual muscle soreness.
4. What is altitude?
5. Define “slow twitch” muscle fiber.
6. What is neuron?
7. Define “Vital Capacity”.
8. Differentiate inspiration and expiration.
9. Define “Stroke Volume”
10. What is cardiac output?

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

All question carry equal marks.

11. (a) Explain oxygen debt.

Or

- (b) Discuss the symptoms of fatigue.

12. (a) Describe temperature regulation during hot dry climate.

Or

(b) Discuss role of age and sex on reaction time and movement time.

13. (a) Describe staircase phenomenon or Treppe.

Or

(b) Describe chemical composition of muscle.

14. (a) Discuss ventilatory changes during exercise.

Or

(b) Discuss the mechanism of breathing.

15. (a) Explain the structural properties of the heart.

Or

(b) Describe cardiac cycle.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Describe energy metabolism during rest and exercise.

17. Write in detail about fiber distribution and performance.

18. Describe the physiological adaptation at high altitude.

19. Discuss the effect of exercise on respiratory system.

20. Describe the effects of exercise on stroke volume, heart rate and cardiac output.

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**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011****Physical Education****Elective : LIBRARY TECHNIQUES****(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A****(10 × 2 = 20)**Answer **all** questions.

All questions carry equal marks.

1. Write the importance of libraries in an Academic Institution.
2. What are the functions of public library?
3. What does current Awareness service means?
4. Write the different categories of information sources.
5. What are the differences between CC and DDC scheme of classification?
6. Write few reasons for document classification.
7. Who devised classified catalogue code and when it was first published?
8. Define dictionary catalogue.
9. What are the functions of periodical section?
10. What are the items included in a library annual report?

**Part B****(5 × 5 = 25)**Answer **all** questions choosing either (a) or (b).

All questions carry equal marks.

11. (a) Explain the functions of Academic library.  
Or  
(b) Explain the implications of five laws of library science in libraries.
12. (a) Write short note on information services.  
Or  
(b) Explain the secondary information sources.

13. (a) Write the advantages of classified arrangement of books in libraries.

Or

(b) State the reasons for using UDC classification system in technical institutes.

14. (a) Explain few advantages of AACRD.

Or

(b) Explain the difference between subject catalogue and Dictionary catalogue.

15. (a) Explain the principles of library management.

Or

(b) List the important activities involved in circulation section.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain the development of Library in India during 19<sup>th</sup> century.

17. What are the major information services provided in a Library-Explain.

18. Explain universal Decimal classification schemes merits and Demerits.

19. Discuss co-operative cataloguing with few examples.

20. Describe S.R. Ranganathan's principles of Library management.

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**M.P.Ed DEGREE EXAMINATION,  
NOVEMBER 2011****Physical Education****SPORTS TRAINING****(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A****(10 × 2 = 20)**Answer **all** questions.

All questions carry equal marks.

1. Definition of sports training.
2. Explain warming up.
3. What is strength?
4. What is flexibility?
5. Definition of technique.
6. Explain aims of tactics.
7. Explain training plan.
8. What is long term training?
9. Explain talent identification.
10. Explain Education and sports training.

**Part B****(5 × 5 = 25)**Answer **all** questions choosing either (a) or (b).

All questions carry equal marks.

11. (a) Explain the Aims of sports training.

Or

- (b) Explain the phases of recovery.

12. (a) Explain factors determining speed.

Or

- (b) Explain factors determining endurance.
13. (a) Explain skill and style of technique training.

Or

- (b) Explain Aim of technique in sports.
14. (a) Explain types of periodisation.

Or

- (b) Explain structure of training session.
15. (a) Explain competition frequency.

Or

- (b) Explain components of education.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. List down the general principles of sports training and explain in detail.
17. Explain co-ordination abilities and importance of co-ordination.
18. Explain principles of tactical preparation.
19. Explain in detail about types of training plan.
20. Explain abuse of drugs and their ill effects.
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**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011****Physical Education****SPORTS BIO-MECHANICS****(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A****(10 × 2 = 20)**Answer **all** questions.

All questions carry equal marks.

1. Write down the meaning of sports bio-mechanics.
2. What is Linear motion?
3. State the types of equilibrium.
4. Differentiate acceleration from speed.
5. Define work and energy.
6. Write short notes on angle of take off for different jumping events.
7. State Newton's III Law of motion.
8. What do you mean by centrifugal force?
9. Write down the formula to calculate speed of an object.
10. Mention the types of friction.

**Part B****(5 × 5 = 25)**Answer **all** questions choosing either (a) or (b).

All questions carry equal marks.

11. (a) List down various pre-requisites of efficient movements.  

Or

(b) Explain the need and importance of sports bio-mechanics.
12. (a) Explain the role of centre of gravity in sports.

Or

- (b) Explain First order lever with example.
13. (a) Describe the principles of projectile.

Or

- (b) Differentiate kinetic energy from potential energy with suitable examples.
14. (a) Narrate the factors affecting the force.

Or

- (b) Role of air resistance in Javelin throw. Discuss.
15. (a) Explain any two mechanical principles involved in starting for sprint events.

Or

- (b) Explain the principles involved during flight phase in long jump.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Analyse the meaning and role of biomechanics in the field of physical education and sports.
17. Explain the role of equilibrium in different field events.
18. Explain the uses of different levers in game of your choice.
19. Role of centripetal and centrifugal force in curve running.
20. Application of various bio mechanical principles in walking.

**RW-7053**

**811303**

**M.P. Ed. DEGREE EXAMINATION, NOVEMBER 2011**

**Physical Education**

**STATISTICS IN PHYSICAL EDUCATION**

**(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define “variable”.
2. Define “sample”.
3. What is skewness?
4. What is kurtosis?
5. Define “Type I error”.
6. Define “Type II error”.
7. What is uncorrelated data?
8. What is analysis of variance?
9. Define “correlation”.
10. What is grouped data?

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

All questions carry equal marks.

11. (a) Define standard deviation and calculate SD for the given ungrouped data 1, 3, 5, 7, 9.

Or

- (b) Define quartile deviation calculate quartile deviation for the given ungrouped data. 1, 2, 3, 4, 6, 7, 8.

12. (a) Explain Null hypothesis.

Or

(b) Explain sampling theory.

13. (a) Write the meaning of normal curve.

Or

(b) Write the principles of normal curve.

14. (a) Explain standard error of the mean.

Or

(b) Explain standard error difference between the mean.

15. (a) Explain positive correlation with examples.

Or

(b) Explain negative correlation with examples.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Calculate standard deviation from the given data :

SI	f
56-60	1
51-55	3
46-50	4
41-45	8
36-40	16
31-35	6
26-30	4
21-25	2
16-20	1
11-15	1
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17. Write the meaning and uses of scoring scales and compute Hull scale in deciles from the given measures :

Mean = 64

SD = 5.

18. Write in detail about reliability.

19. Calculate F ratio for the independent samples of equal size

Group I	Group II	Group III
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15

20. Write the formula of Pearson product moment correlation and spearman rank order correlation.

Calculate rank order correlation

X	Y
40	44
50	53
60	63
70	71
80	86
90	93
100	99

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**RW-7054**

**811501**

**M.P.ED. DEGREE EXAMINATION,  
NOVEMBER 2011**

**Physical Education**

**Elective — SPORTS PSYCHOLOGY**

**(CBCS - 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define 'Endurance'.
2. Define 'perception'.
3. Define 'Flexibility'.
4. Define 'Reaction time'.
5. Define 'sports psychology'.
6. Define 'Aggression'.
7. Define 'personality'.
8. Define 'Anxiety'.
9. Define 'motivation'.
10. Define 'reflex time'.

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either 'a' or 'b'.

All questions carry equal marks.

11. (a) Describe the role of spectators.

Or

- (b) Explain the theories of aggression.



12. (a) Explain the 'psycho tonic training'.

Or

(b) Explain 'Tension' and 'stress'.

13. (a) Explain extrinsic and intrinsic motivation.

Or

(b) Describe the mass Vs distributed practice.

14. (a) Describe the athlete Vs non-athlete in intelligence.

Or

(b) Mention the various types of aggression.

15. (a) Describe the sports psychology in India.

Or

(b) What are the characteristics of perception?

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. How will you assess the athlete thought field tests and give suitable examples?

17. Describe the theories of aggression and also the role of aggression in sports.

18. Describe in detail the need and importance of sports psychology.

19. Explain the motor and physical characteristics of mentally retarded and their skills.

20. Explain the composition of 'personality' and the process of measuring the personality.

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011**

**Physical Education**

**TRACK EVENTS AND GAME OF SPECIALISATION (A)**

**(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. What are the types of Track?
2. What is meant by “Kerb” in a Track?
3. Specifications of a Relay baton.
4. Distance for Steeple chase.
5. List down the official equipment necessary at the start of a Track event.
6. Distance for Marathon race.
7. Controlling body of your game of specialisation in India.
8. Write the president of the controlling body of your game of specialisation in Tamil Nadu.
9. Number of players in your game of specialisation.
10. Define “Coaching”.

**Part B**

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

All questions carry equal marks.

11. (a) Explain about “break line” in a Track.  

Or

(b) What is meant by “double arc” start?
12. (a) Draw a Take over zone and acceleration zone in a Relay event and write its measurements.  

Or

- (b) Draw a hurdle and write its measurements.
13. (a) List down the officials for a Track event.
- Or
- (b) Draw a score sheet for a Track event without heats.
14. (a) List down the fundamental skills in your game of specialisation.
- Or
- (b) List down the equipment necessary to commence a tournament in your game of specialisation.
15. (a) What are the qualities of a good coach?
- Or
- (b) Explain Philosophy of coaching.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Draw a 200 mts Track with 37 mts straight and mark the following :
- (a) 200 mts starting points and finish.
- (b) 1500 mts arc start and finish.
17. Draw a neat diagram of field of play of your game of specialisation and mark all its dimensions.
18. Draw a 400 mts Track with 75 mts straight and mark the following :
- (a) 200 mts starting points and finish.
- (b) 1500 mts start and finish.
19. Explain the mechanism of officiating in your game of specialisation.
20. Explain any two strategies in your game of specialisation.
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**RW-7058**

**811503**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011**

**Physical Education**

**Elective – SPORTS NUTRITION**

**(CBCS – 2008 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define balanced diet.
2. What is anaerobic energy?
3. Write the food sources of vitamin C.
4. Write the fat soluble vitamins.
5. Write the functions of vitamins.
6. What is sports drink?
7. What is pre-event meal?
8. Write any two benefits of drinking fluid before exercise?
9. Define anorexia.
10. What are the causes of constipation?

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

All questions carry equal marks.

11. (a) Write the components of food.  
Or  
(b) Explain the functions of protein.
12. (a) Write the factors determining diet planning.  
Or  
(b) Write about carbohydrate loading.

13. (a) Write about nutrition after exercise.  
Or  
(b) Write about the functions of pre-event nourishment.
14. (a) Write the causes and symptoms of cramps.  
Or  
(b) Write the sources of water soluble vitamins.
15. (a) Write the benefits of drinking fluid before exercise.  
Or  
(b) Write the causes and symptoms of diarrhea.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Discuss the role of carbohydrate in increasing strength or endurance in athlete.
17. Explain diet. Write about the caloric expenditure in sports and games.
18. Write the sources, functions and deficiency of minerals and vitamins.
19. Explain sports drink. Write the fluid facts for thirsty athletes.
20. Explain eating disorder. Describe the causes, symptoms and prevention of bulimia.
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**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011****Physical Education****MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS****(Non-CBCS – 2001-2003 Batch)**

Time : 3 Hours

Maximum : 70 Marks

Answer the following questions.

(3 × 10 = 30)

1. (a) Suggest a scheme of management of physical education for a university and explain its salient points.

Or

(b) Discuss the policies and procedures that you would follow in purchasing equipment and materials required for physical education.

2. How would you select and layout a composite for a co-educational college?

3. (a) Discuss the methods and techniques by which a supervisor can improve the teaching abilities of a teacher.

Or

(b) "A supervisor should be a friend a philosopher and a guide" - Discuss.

Answer any **Eight** of the following : (8 × 5 = 40)

4. Meaning of management in physical education and physical education periods.

5. Need for equipment in physical education.

6. Care and maintenance of play areas.

7. Types of swimming pools.

8. Construction and maintenance of a Gymnasium.

9. Sources of income and items of expenditure of a school.

10. Stock register of games articles.

11. Camp officials and student leaders.

12. Camp programme and activities.

13. Qualities of a supervisor.

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**M.P.Ed. DEGREE EXAMINATION,  
NOVEMBER 2011**

**Physical Education**

**METHODS IN PHYSICAL EDUCATION AND HISTORY OF PHYSICAL EDUCATION**

**(NCBCS – 2001–2003 batch)**

Time : 3 Hours

Maximum : 70 Marks

**Part A**

(3 × 10 = 30)

Answer the following questions.

1. (a) Explain the various methods of teaching physical activities.

Or

- (b) Explain origin and development of modern olympic games.

2. Draw a knock out tournament fixture for 34 teams.

3. (a) Neatly prepare a General Lesson plan for a Ninth standard students.

Or

- (b) Explain in detail about sports authority of India.

**Part B**

(8 × 5 = 40)

Answer any **eight** of the following.

4. Presentation technique in teaching.
5. Principles of a good class management.
6. Values of Lesson plan.
7. Draw a League fixture for 4 teams.
8. What are the meet works in a sports meet?
9. Explain classification.
10. Explain Intramural competitions with example.
11. Draw a Olympic flag.
12. Explain Asian Games.
13. Explain Arjuna Awards.

**RW-7177**

**81131**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011**

**TRAINING METHODS AND COACHING**

**(NCBCS 2001-2003 Batch)**

Time : 3 Hours

Maximum : 70 Marks

**Part A**

(3 × 10 = 30)

Answer the following questions.

1. (a) Explain the importance and influence of weight training, interval training and fartlek training on competitive sports.

Or

(b) Explain the important factors of training load and principles of training load.

2. (a) Describe any two methods to develop "speed endurance".

Or

(b) Explain the place of psychological preparation of players. Describe how you would develop psychological factors in players.

3. (a) Briefly explain the periodisation of schedules.

Or

(b) Explain abuse of drugs and its ill effects.

**Part B**

(8 × 5 = 40)

Answer any EIGHT of the following.

4. Principles of sports training.

5. Weight training.

6. Describe the factors which influence the development of strength.

7. Explain the various methods of development of flexibility.

8. Stages of technical training.

9. Tactical preparation.

10. Development of will power.



11. Explain about long term and short term plans.

12. Competition frequency.

13. Diet for sportsman during competition.

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**RW-7212**

**81121**

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011**

**Physical Education**

**RESEARCH METHODS IN PHYSICAL EDUCATION**

**(Non-CBCS – 2001-2003 Batch)**

Time : 3 Hours

Maximum : 70 Marks

**Part A**

(3 × 10 = 30)

Answer the following questions.

1. Define research. Explain the need and importance of research in the field of physical education.
2. (a) Define experimental research. Explain any three experimental designs with an example in each design.

Or

- (b) Explain the steps to be followed to conduct historical research.
3. (a) Explain the criteria in selecting a research problem.

Or

- (b) Define personality. Explain any two projective techniques.

**Part B**

(8 × 5 = 40)

Answer any **eight** questions.

4. Basic research and applied research.
5. Need to survey related literature.
6. Data gathering steps involved in case study.
7. Need and importance of psychological studies.
8. Major sources of literature.
9. Characteristics and importance of hypothesis.
10. Related group design.
11. Mechanism of writing bibliography.
12. Development and appearance of questionnaire.
13. Main body of the thesis.

**M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2011****Physical Education****MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION****(NCBCS – 2001–2003 Batch)**

Time : 3 Hours

Maximum : 70 Marks

**Part A**

(3 × 10 = 30)

Answer the following questions.

1. (a) Explain the steps to be followed in the construction of test.  
Or  
(b) Explain the need and importance and evaluation in the field of Physical Education.
2. (a) Describe Johnson Motor educability test.  
Or  
(b) Explain any two skill tests in Tennis.
3. (a) What is Validity? Explain various factors affecting the validity.  
Or  
(b) Define the term “Physical fitness”. Explain the construction of AAHPER Physical Fitness test.

**Part B**

(8 × 5 = 40)

Answer any **eight** of the following questions.

4. Write short notes on KRAUS WEBER test.
5. Explain the administrative feasibility of test.
6. Describe the Barrow Motor ability test.
7. Notes on “Teacher-made Tests”.
8. Briefly explain Cooper’s test.
9. Explain the administration of J.C.R. test.
10. How will you establish validity?

11. Describe IOWA posture test.
  12. Explain the importance of skill tests in sports and games.
  13. Explain the advance preparation of the administration of a test.
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