

M.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education and Sports

**MEASUREMENT AND EVALUATION 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 “Test”.
2. Define “Measurement”.
3. What is Anthropometry ?
4. List out number of test items in New York state Physical Fitness Test.
5. What are the items in Barrow Motor ability.

6. Define Agility.
7. What is Woodruff Body Alignment test ?
8. Explain the Age level and sex of the Hewitt's tennis test.
9. State the test items of Johnson Basket Ball-test.
10. Define "Classification".

Part B

(5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Explain the meaning of the term Measurement and Evaluation.

(Or)

- (b) Discuss the various functions of measurement and Evaluation in Physical Education and Sports.

12. (a) Explain the various steps regarding the construction of Sports Knowledge Test.

(Or)

(b) Explain the test Format of Administering “Shuttle run”.

13. (a) Explain YMCA Physical Fitness Test – Battery.

(Or)

(b) Discuss “Minimum Muscular Fitness” test with suitable diagrams.

14. (a) Explain Johnson’s Motor Educability Test.

(Or)

(b) Discuss “Foot Mechanics Test”.

15. (a) Explain Henry–Friedal Hockey Test with suitable diagram.

(Or)

(b) Explain Brady VolleyBall test with suitable diagram.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Describe the criteria for a good test.

17. Explain the procedures for construction of skill test in Physical Education and Sports.

18. Describe any two test Batteries of Oregon motor Fitness Test.

19. Explain Roger's Physical Fitness test.

20. Explain Dyer Tennis Test with proper diagram.

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M.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education

**RESEARCH METHODS IN PHYSICAL
EDUCATION AND SPORTS**

(CBCS—2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks

1. Define the term 'Research'.
2. Mention any two reference materials for research.
3. Define 'Hypothesis'.
4. What is meant by 'Philosophical research'.
5. State two scopes of Research in Physical education.
6. Explain conference.

7. What is 'Workshop'?
8. Write two psychological test used in research.
9. Define 'questionnaire'
10. What is meant by 'Equated group design'?

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) What are the characteristics of a good research?

(Or)

- (b) Bringout the qualities of a sound research.

12. (a) How do you scan and skim the major sources of literature for your research work.

(Or)

- (b) Explain the method of writing research proposal.

13. (a) Write the scope of philosophical research in physical education.

(Or)

(b) What are the general principles of historical research?

14. (a) Write about the principles of experimental research.

(Or)

(b) Explain various types of psychological test used in research.

15. (a) Write down the characteristics of questionnaire.

(Or)

(b) Explain the mechanism of writing research report.

Part C

(3 × 10 = 30)

Answer any **three** questions

All questions carry equal marks

16. Describe the criterias to be followed while selecting a research problem.
17. What is hypothesis? Explain its types and characteristics.
18. Critically examine the historical research.
19. List out various research designs and explain any two with suitable reserch title.
20. Explain briefly the development of questionnaire and the administrators of questionnaire.

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M.P.Ed. DEGREE EXAMINATION, APRIL 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 is non standard track?
2. Specifications of relay baton.
3. State all measurements and Specifications for a 110mts hurdle
4. Steeplechase track hurdle specification and measurements.
5. State steeplechase water jump pit measurements and specifications.

6. In 400mts, hurdle race mention the measurements from start to first hurdle, in between hurdles and last hurdle to finish line.
7. Draw the standard marketing of 4 x 100 mts. relay zone from start to end with suitable colours.
8. State road races distances for men and woman.
9. Distance of half and full marathon races.
10. State finish posts specifications and measurements.

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) In 110 mts hurdles race, write down the measurements from start line to finish line including hurdles placements with a help of a diagram.

(Or)

(b) In 100mts hurdles race state the measurements from start line to finish line including hurdles placement with a help of a diagram.

12. (a) How you will maintain the cinder track.

(Or)

(b) Describe the history of marathon race and mention its evaluation of the present distance.

13. (a) Explain the duties of officials in relay races.

(Or)

(b) Explain the duties of officials in road races.

14. (a) What types of drills and leadup games you would suggest to improve 4 x 400 mts relay race.

(Or)

(b) Explain tactics and strategies followed in 4 x 400mts relay race.

15. (a) Meaning of coaching Explain the philosophy of coaching.

(Or)

- (b) Explain the mechanism of officiating in 4 x 400 mts. relay race.

Part C

(3 × 10 = 30)

Answer any **three** questions

All questions carry equal marks

16. Draw a 400 mts standard track layout 3000 mts. steeplechase course with water jump inside the field area.
17. Draw a 400 mts standard track and mark 4 x 400 mts. relay race.
18. List down the required officials for track events and explain their duties and responsibilities.
19. How will you organise a coaching camp for 30 days for your university steeplechase teams.
20. Enumerate the required officials for marathon race and explain their duties and responsibilities.

M.P.Ed. DEGREE EXAMINATION, APRIL 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 “Diet”.
2. Write the basic components of food.
3. What are the water soluble vitamins?
4. Write food sources for Vitamin A.
5. Define “Nutrition”.
6. What is Carbohydrate depletion.
7. Write the function of sodium.

8. What is cramp?
9. What is constipation?
10. Timing meal before sports events.

Part B

(5 × 5 = 25)

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

All questions carry equal marks

11. (a) Write notes on Balanced diet.

(Or)

- (b) Anaerobic energy release.

12. (a) Enumerate the properties, functions and the effects of Vitamin A and Vitamin D.

(Or)

- (b) Explain the factors determining diet planning.

13. (a) Pre game meal.

(Or)

(b) Recovery foods.

14. (a) Importance of fluid for an athlete

(Or)

(b) Nutritive value of soft drinks.

15. (a) Write the symptoms and prevention of Anorexia.

(Or)

(b) Write the symptoms and prevention of bulimia.

Part C

(3 × 10 = 30)

Answer any **three** questions

All questions carry equal marks

16. Explain the aerobic energy release in athletes.

17. Explain the role of vitamins and minerals in improving sports.

18. Describe carbohydrate loading for endurance athletes.

19. Explain the importance of drinking fluid before and after exercise.

20. Write the causes, symptoms and prevention of constipation and diahorrea.

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M.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education

**FIELD EVENTS COMBINED EVENTS AND GAME
OF SPECIALISATION (B)**

(CBCS-2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. What is 'Long Jump'?
2. What is 'Triple Jump'?
3. What is 'Shot put'.
4. What is 'Javelin throw'.
5. Events of 'Triathlon'

6. Events of 'Pentathlon'.
7. What is 'fundamental Skill'.
8. Meaning of lead up games.
9. Meaning of 'tactics'.
10. Meaning of 'drills'.

Part B

(5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Explain the various techniques in 'High Jump'.

(Or)

(b) Describe the 'tie breaking' in 'pole vault'

12. (a) Describe the different techniques in 'shot put'.

(Or)

(b) Draw a neat diagram of 'Javelin sector' with measurements.

13. (a) Describe the events of Decathalon in its sequence.

(Or)

(b) Explain the events of 'Heptathlon'

14. (a) Draw the diagram of your game of specialisation with all the measurements.

(Or)

(b) Mention the tactics and strategies of your game of specialisation.

15. (a) What is the philosophy of coaching.

(Or)

(b) Mention the official signals of your game of specialisation.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Explain the tie breaking in High Jump with example.

17. Describe the different techniques of Hammer throw and also draw the Hammer throw sector with measurements.

18. Describe the tie breaking in Decathlon.

19. Explain any *two* fundamental skills of your specialisation and also with the lead up games.

20. Describe in detail the qualities and qualifications of a good coach.

M.P.Ed. DEGREE EXAMINATION, APRIL 2011

Physical Education

SPORTS MEDICINE

(CBCS-2008 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Give the meaning of sports medicine.
2. Explain closed soft tissue injury.
3. What is ultrasound therapy ?
4. Explain contrast bath.
5. What is Swedish system of massage ?

6. Explain acupuncture.
7. What is therapeutic exercise ?
8. What is meant by vascular cramps ?
9. What is scoliosis ?
10. Explain genu valgum.

Part B

(5 × 5 = 25)

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

All questions carry equal marks.

11. (a) Explain common sports injuries.

(Or)

- (b) Elucidate open soft tissue injury.

12. (a) Describe short wave diathermy.

(Or)

(b) Enumerate Whirlpool bath.

13. (a) List down the principles of massage.

(Or)

(b) What are the indications for massage ?

14. (a) What is the need for Physical Rehabilitation ?

(Or)

(b) Explain physical activity in the prevention and therapy of diabetes.

15. (a) Describe deformities of spine.

(Or)

(b) Explain Deformities of foot.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal mark.

16. Trace the brief history of sports medicine.

17. Explain Infrared Rays, Interferential therapy and Transcutaneous Electrical nerve estimations.

18. Give the meaning of bandages and Explain Basic Principles of Bandages.

19. Explain the classification of therapeutic Exercises and its effects.

20. Explain specific Athletic injuries signs symptoms and treatment.

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M.P.Ed. DEGREE EXAMINATION, APRIL 2011**Physical Education****Elective : KINESIOLOGY**

(CBCS—2008 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

All questions carry equal marks.

1. Define “Kinesiology”
2. What is the contribution of Sir Isaac Newton ?
3. Define Synarthroses joint
4. Define Sagittal plane
5. Write down the origin and insertion of Deltoid
6. Name the Quadriceps muscles

7. Explain the skill of walking
8. Explain the skill of running
9. Define “Posture”
10. Define “Kyphosis”

Part B

(5 × 5 = 25)

Answer **all** questions choosing **either** ‘a’ **or** ‘b’.

All questions carry equal marks.

11. (a) Explain the contribution of Aristotle

(Or)

- (b) Explain the contribution of Leonardo Da Vinci

12. (a) Explain various movements of the joints

(Or)

- (b) Explain various planes of the body.

13. (a) Explain the origin, insertion and actions of Pectoralis Major.

(Or)

(b) Explain the origin, insertion and actions of Gastrocnemius muscle.

14. (a) Explain the application of Kinesiology in Jumping.

(Or)

(b) Explain the application of Kinesiology in Throwing.

15. (a) Explain the criteria for good posture

(Or)

(b) Explain the causes of bad posture.

Part C

(3 × 10 = 30)

Answer any **three** questions.
All questions carry equal marks.

16. Describe the History of Kinesiology.

17. Classify and explain various human joints.
18. Draw a diagram of Hamstring group of muscles indicating the origin, insertion and actions.
19. Explain the application of Kinesiology to motor skills of daily living.
20. Prepare postural corrective exercises for Knock knee and Bow leg.

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M.P.Ed. DEGREE EXAMINATION, APRIL 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. Meaning of Evaluation.
3. Define Recreation.
4. List out Indoor activities.
5. Define Budget.

6. Records.
7. Communication.
8. Risk Managements.
9. Marketing.
10. Define Coaching.

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) Explain Efficient Management Organization.

12. (a) Explain Management of Physical Education and sports programmes.

(Or)

(b) Explain Personnel Policies.

13. (a) Explain Importance of Office Management.

(Or)

(b) Explain the points to be considered while preparing a budget.

14. (a) Explain the need for health consideration in facility planning.

(Or)

(b) Explain Records and Reports.

15. (a) Explain the guidelines for purchasing of equipments.

(Or)

- (b) Explain Guidelines for checking, storing, Insuring and maintaining Supplies and Equipments.

Part C

(3 × 10 = 30)

Answer any **three** questions.

All questions carry equal marks.

16. Prepare a Budget for Physical Education Programme of your school for an amount of Rs. 15,000/-
17. Discuss the management structure to fulfill the objectives of Physical Education.
18. Explain general and special qualifications for teaching, coaching and Physical Education.
19. Explain the how will you plan and organize and activity based programme.
20. Explain guideline for college Physical Education programme.
