Code No.33018E

B.Sc. (CBCS) DEGREE EXAMINATION, NOVEMBER 2020

FIRST SEMESTER

Physical Education - Core

FOUNDATION OF PHYSICAL EDUCATION & THEORIES OF GYMNASTICS

(For those who joined in July 2020 onwards)

Time: Three hours Maximum: 75 marks

PART A - (10 X 1 = 10 marks) Answer ALL questions, choose the correct answer

1	Physical Education helps to improve	Health	
	A) Physical C) Social	D) All of these	
2	Leisure time exercise is a		
۷.	A) Physical activity	B) Recreational	activity
	C) Exercises	D) Yoga	
3	is a study of movement of L		
J.	A) Biomechanics	B) Anatomy	
	A) BiomechanicsC) Physiology	D) Biotechnolog	gy
4. Sheldon classification of body types are			
	A) Ectomorph, Mesomorph, End		
	C) Ectomorph, Pyknic, Endomo		D) Endomorph, Athletic, Mesomorph
5.	Commonwealth games started in the		
	A) 1831 B) 1921	C) 1930	D) 1920
6. Expand - NSNIS			
	A) Netaji Subhas Institute of Sports		B) Netaji National Institute of Sports
	C) Netaji Subhas National Institute of Sports		D) Netaji Scheme National Institute of Spor
7.	. What is a first step in Warming up?	D) D :	
	A) Running C) Jumping	B) Doing Exerc	cist
Q			JIII
0.	8. Find the colors of Olympic ring as per the sequence.A) Black, Yellow, Blue, Green, Red		B) Blue Yellow Black Green Red
Q	C) Yellow, Blue, Black, Green, Red D) Red, Green, Yellow, Blue, Black 9. Which one is not included in the floor exercise equipment?		
J	A) Foam	B) Rubber	
	C) Carpet	D) Rings	
1	0 is traditional artistic Gymnastics used only by male.		
1	A) Vaulting B) Parallel bar		
	C) Balance beam	D) Pommel ho	rse
	Of Dalance Deali	D) I Offinio Ho	

Part B (5 x 5 = 25 Marks) Answer all Questions, Choosing either (a) or (b), Each answer should not exceed 250 words

(a) Explain Education and Physical Education. 11.

Or

- (b) Write notes on Physical Training.
- (a) Define the terms Kinesiology, Physiology, Morphology and Biotechnology. 12.

Or

- (b) Explain Kretschmer Body Classification.
- (a) Write about National awards. 13.

Or

- (b) Explain about Indian Olympic association.
- (a) Write a short note on History of Gymnastics in India. 14.

Or

- (b) Explain the training qualities of Gymnastics.
- (a) Explain Rules of floor exercises. 15.

Or

(b) Explain - Rules of Parallel bar exercises.

Part C ($5 \times 8 = 40 \text{ Marks}$)

Answer all Questions, Choosing either (a) or (b), Each answer should not exceed 600 words

(a) Explain the need, importance, and scope of Physical Education. 16.

Or

- (b) Explain the Philosophy of Physical Education.
- (a) Biological foundations in Physical Education Explain. 17.

Or

- (b) Explain the importance of Allied Sciences in Physical Education.
- (a) Explain Physical Education in India. 18.

Or

- (b) Explain the schemes of SAI and SDAT.
- 19. (a) Write the History of Modern Olympics.

Or

- (b) Explain the Gymnastic Federation in India and World.
- (a) Write the Rules, Officiating, and Equipment of Horizontal bar and Balance beam. 20.

Or

(b) Write the techniques of any three exercises in Gymnastics.