

Part B (5 x 5 = 25 Marks)

Answer all Questions, Choosing either (a) or (b), Each answer should not exceed 250 words

11. (a) Explain Education and Physical Education.
Or
(b) Write notes on Physical Training.
12. (a) Define the terms Kinesiology, Physiology, Morphology and Biotechnology.
Or
(b) Explain - Kretschmer Body Classification.
13. (a) Write about National awards.
Or
(b) Explain about Indian Olympic association.
14. (a) Write a short note on History of Gymnastics in India.
Or
(b) Explain the training qualities of Gymnastics.
15. (a) Explain - Rules of floor exercises.
Or
(b) Explain - Rules of Parallel bar exercises.

Part C (5 x 8 = 40 Marks)

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

16. (a) Explain the need, importance, and scope of Physical Education.
Or
(b) Explain the Philosophy of Physical Education.
17. (a) Biological foundations in Physical Education -Explain.
Or
(b) Explain the importance of Allied Sciences in Physical Education.
18. (a) Explain - Physical Education in India.
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.
20. (a) Write the Rules, Officiating, and Equipment of Horizontal bar and Balance beam.
Or
(b) Write the techniques of any three exercises in Gymnastics.