

(6 pages)

Reg. No. : .....

Code No. : 20452 E Sub. Code : CMPE 11

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2022.

First Semester

Physical Education – Core

FOUNDATION OF PHYSICAL EDUCATION AND  
GYMNASTICS

(For those who joined in July 2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The mental, intellectual, emotional and social aspects of a child's development are squarely dependent on \_\_\_\_\_  
(a) Physical activity  
(b) Physical development  
(c) Physical education  
(d) Physical existence

2. The define general purposes leading towards the aim are generally known as \_\_\_\_\_  
(a) Targets (b) Goals  
(c) Objectives (d) Motives
3. What provides vitality to physical education as an academic discipline \_\_\_\_\_  
(a) Scientific principles  
(b) Philosophical backup  
(c) Humanistic approach  
(d) Sports oriented curricula
4. The study of motion is known as  
(a) Sociology (b) Kinesiology  
(c) Psychology (d) Physiology
5. In which of following places, no regional centre of national institute sports is located.  
(a) Patiala (b) Bangalore  
(c) Lucknow (d) Calcutta
6. The Indian Olympic association was established in the year of  
(a) 1927 (b) 1937  
(c) 1947 (d) 1949

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7. Who is the father of Gymnastics?
- (a) Friedrich Ludwig Jahn
  - (b) John Neal
  - (c) Charles Beck
  - (d) Charles Follen
8. The acronym of FIG is gymnastics
- (a) Federation of international gymnastic
  - (b) International Gymnastics Federation
  - (c) Gymnastic Federation of India
  - (d) Federation of Indian gymnastics
9. The uneven bars is otherwise known as ———
- (a) Parallel bars
  - (b) Horizontal bars
  - (c) Asymmetric bars
  - (d) Vertical bars
10. The length of competition parallel bars is ———
- (a) 200 cm
  - (b) 300 cm
  - (c) 250 cm
  - (d) 350 cm

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).  
Each answer should not exceed 250 words.

11. (a) Write definition and meaning in physical education.

Or

- (b) Describe the careers in physical education and sports.

12. (a) Elucidate the importance of anatomy and physiology in the sports.

Or

- (b) Write a short note on kinesiology and psychology.

13. (a) List down the national awards for sports person and explain any one.

Or

- (b) Write a short note on RDS and BDS.

14. (a) Explain the organization gymnastics in India and world.

Or

- (b) Write down the importance limbering up and down.

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15. (a) Elucidate the basic skill for pommel horse.

Or

- (b) Write the specification of parallel bar and horizontal bar.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)  
Each answer should not exceed 600 words.

16. (a) Write meaning, aim and objectives of physical education and sports.

Or

- (b) Explain issues and challenges physical education in India.

17. (a) Describe scientific basis of physical education.

Or

- (b) Discuss the application of biomechanics in sports.

18. (a) Write the short note on SAI, NSNIS, LNIPE and SDAT.

Or

- (b) Enumerate about the modern Olympics.

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19. (a) Write and explain the Indian history of gymnastics.

Or

- (b) Explain training qualities and write the specific exercises for gymnastics.

20. (a) Write the meaning of floor exercise and List down the floor exercise.

Or

- (b) Explain the types apparatus used in artistic gymnastic.
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