

(6 pages)

Reg. No. :

Code No. : 10527 E Sub. Code : CMPE 11

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2023.

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 longest period of periodisation is
 - (a) Preparatory period
 - (b) Competition period
 - (c) Transmission period
 - (d) None of these

2. Recreation improves
 - (a) Physical health
 - (b) Lower body fat percentage
 - (c) Lower blood pressure
 - (d) All of these
3. Who is the father of philosophy
 - (a) Socrates
 - (b) Plato
 - (c) Thorndike
 - (d) Aristotle
4. Which cup is associated with volleyball championship
 - (a) Sivanthi gold cup
 - (b) National games cup
 - (c) Olympic cup
 - (d) None of these
5. Who introduced the idea of non class room learning
 - (a) William James
 - (b) John Dewey
 - (c) John Holt
 - (d) James Daniel
6. 2022 common wealth games will be held
 - (a) India
 - (b) Russia
 - (c) China
 - (d) England



7. Who is the first Gymnast in the world
- (a) Milka sing
 - (b) Nadia comaneci
 - (c) Dipa karmakar
 - (d) Kriedrich Ludwing Jahn
8. Sudhir mital elected president of Gymnastics Federation of India in
- (a) 5 November 2019
 - (b) 15 August 2017
 - (c) 26 January 2021
 - (d) 21 July 2020
9. Length of the un even bar is _____ mts
- (a) 1.50
 - (b) 2.50
 - (c) 2.40
 - (d) 1.50
10. Which one is the gymnastics exercise
- (a) Pommel horse
 - (b) Roman rings
 - (c) Horizontal bar
 - (d) All the above

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Why do we need physical education?
- Or
- (b) What are the main objectives of physical education?
12. (a) Why is physiology important in sport
- Or
- (b) What kind of sports injury can be termed as abrasion?
13. (a) How many SAI are there in India?
- Or
- (b) List down the sports awards in India.
14. (a) What is the role of media in sports?
- Or
- (b) List down the sports scholarships.



15. (a) How do you warm up for gymnastics?

Or

(b) What is the balance beam exercise test

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write down the type of recreation and explain it.

Or

(b) Write down the challenges facing physical education.

17. (a) What are the difference between physical training and physical exercise.

Or

(b) What are the different types of kinesiology? Explain it.

18. (a) Explain the history of Olympic games.

Or

(b) When did the modern Olympics start? Explain it.

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19. (a) What is the historical background of Indian gymnastics in sports?

Or

(b) Explain the safety hints in gymnastics.

20. (a) Wright down the officiating rule and regulations in gymnastics.

Or

(b) How will you maintain the gymnastic equipments?

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