



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

2.6.1 LEARNING OUTCOMES INTEGRATED WITH ASSESSMENT PROCESS

CONTENT

- **PIE DIAGRAM - LEARNING OUTCOMES INTEGRATED WITH ASSESSMENT PROCESS – POST GRADUATION**
- **SAMPLE QUESTION PAPERS OF THE POST GRADUATION DEGREE**
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- **SAMPLE QUESTION PAPERS OF THE UNDER GRADUATION DEGREE**



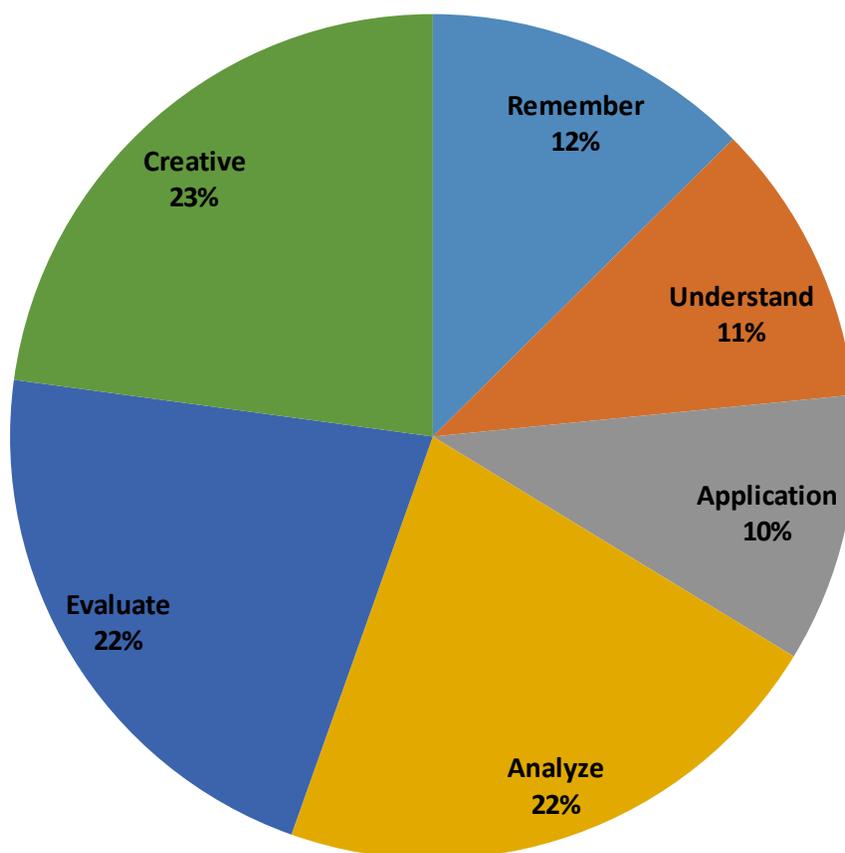
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

LEARNING OUTCOMES INTEGRATED WITH ASSESSMENT PROCESS

POST GRADUATION





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CRITERIA 2 TEACHING LEARNING AND EVALUATION

SAMPLE QUESTION PAPERS OF THE POST GRADUATION DEGREE

Name :

Register No :

Subject Code: MK16403

M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION, APRIL – 2019
FOURTH SEMESTER

KINANTHROPOMETRY

Duration: 3 Hours

Max. Marks: 75

PART – A
Answer All Questions
All Questions Carry Equal Marks

(10x2= 20)

1. Explain the purpose of densitometry.
2. Describe scope of kinanthropometry
3. Explain the characteristics of ectomorphy.
4. What is meant by reference land marks?
5. What do you understand by fat free index?
6. Write the locations of skin-fold sites of arms.
7. What is transverse chest breadth?
8. Describe the meaning of lateral and medial.
9. What is meant by girth?
10. Define kinanthropometry.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. a. Describe the need and importance of anthropometry.
(or)
b. Write down a brief history of anthropometry and write down its need for research.
12. a. Differentiate between anthropometric, reference and marked land marks.
(or)
b. Discuss the general anthropometric land marks to be measured in somatotype classification.
13. a. Explain BMI, chart, calculations and healthy BMI range
(or)
b. Describe the calculations and importance of waist-hip-ratio.
14. a. Explain the technique and procedure of measuring length of forearm and hand.
(or)
b. Discuss the technique and procedure of measuring tronchanterion tibiale lateral length and height.
15. a. Describe the technique and procedure of measuring head, neck and arm girth.
(or)
b. Explain the procedure and technique of measuring waist, chest and forearm girth.

PART – C (3x10=30)
Answer ANY THREE questions
All questions carry equal marks

16. What are the most common equipments of anthropometric measurements? Explain their importance in experimental studies.
17. Explain anthropometric and photoscopic somatotype method along with anthropometric land marks and method of measurement.
18. What is body composition? Explain skin fold measurements the location and how to derive to conclusion?
19. Write an account on anthropometric measurements of breadths with two sites from upper limb and lower limbs.
20. Explain heath carter somatotyping testing and classification procedure and report generation technique.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PBM18CT101

**M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION
APRIL 2019
FIRST SEMESTER
FUNCTIONAL ANATOMY AND PHYSIOLOGY**

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define homeostasis.
2. What is supine and prone position?
3. What is Cancellous bone? Give two examples.
4. Define intra membranous ossification.
5. What is bursa?
6. Name the various arches present in foot.
7. What is role of creatine phosphate during muscle contraction?
8. Write two effects of ageing on muscular system.
9. Expand CNS and PNS.
10. Write any two functions of cerebellum.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Write about the structure and function of Human Cell.
(or)
b. Explain about the characteristic of life.
12. a. Write about histological structure of compact bone and draw diagrams.
(or)
b. Classify bones according to the shapes.
13. a. Define and Classify joints. Explain each one of them with examples.
(or)
b. Draw a diagram of Shoulder joint and discuss about the various movement in the joint.
14. a. With a diagram write about Neuromuscular Junction.
(or)
b. Classify muscle fibers and explain about their characteristics.
15. a. Define Reflex action, Explain it with an example.
(or)
b. Define neuron and classify it.

PART – C (3x10=30)

**Answer ANY THREE questions
All questions carry equal marks**

16. Classify tissues and elaborate each one of them.
17. With a diagram write about the alignment of pelvic girdle and lower limb.
18. Explain about the types of movements in Human joints with examples.
19. Elaborate on the origin , insertion ,nerve supply and function of muscles that helps in Knee movement.
20. Name the various cranial nerves and write the function of each one of them.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PBM18CT201

**M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER
KINESIOLOGY**

Duration: 3 Hours

Max. Marks: 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

Define the following terms

1. Kinesiology.
2. Synergist.
3. Golfer's elbow.
4. Opposition of thumb.
5. Notation.
6. Gluteus Minimus.
7. Shin splints.
8. Meniscus.
9. Lordosis.
10. Nucleus Pulposus.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Explain in detail the factors affecting muscle force generation.

Or

b. Enlist the characteristics of electromechanical delay.

12. a. Describe the structure of Radiocarpal joint.

Or

b. Compare and contrast pronation and supination.

13. a. Explain the role of pelvis in hip motion.

Or

b. Explain the role of Iliotibial band in detail.

14. a. Analyze locking and unlocking of knee joint.

Or

b. Describe the components of Triceps surae.

15. a. Describe the Primary and secondary curvature of spine.

Or

b. Describe the movements of Lumbosacral joint.

PART – C (3x10=30)

**Answer ANY THREE questions
All questions carry equal marks**

16. Draw the articular structure of shoulder joint and describe the function of joints in shoulder girdle.

17. Explain the origin, insertion and action of Biceps and Triceps in detail.

18. Draw a labeled diagram of Hip joint and explain the role of trabecular system of Hip in detail.

19. Discuss the origin insertion and action of Hamstring muscle.

20. Describe the exercise programme for Intervertebral disc prolapse.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PBM18CT202

**M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER**

BIOMECHANICAL INSTRUMENTATION AND MEASUREMENT

Duration: 3 Hours

Max. Marks: 75
(10x2=20)

PART – A

**Answer All Questions
All Questions Carry Equal Marks**

1. Define sports and exercise biomechanist.
2. Define quantitative analysis.
3. What do you mean by CCD?
4. Define shutter speed.
5. Define aperture.
6. What is the difference between force and pressure?
7. Define electrodes.
8. Define coordinate digitizer.
9. Define calibration.
10. Define sample frequency.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Briefly explain the role and functions of exercise and sports biomechanist.
(or)
b. Write short notes on qualitative analysis.
- 12a. Write short notes on 3D analysis in sports.
(or)
b. Write short notes on cameras with 'gen-lock' capability.
- 13a. Write short notes on f-stop.
(or)
b. Briefly explain the difference between active markers and passive markers.
- 14a. Write short notes on free body diagram.
(or)
b. Write short notes on force plate.
- 15a. Write short notes on isokinetic dynamometry.
(or)
b. Differentiate force and torque.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the procedure and steps of quantitative analysis in sports biomechanics.
17. Explain the procedure of 2D analysis and steps to minimize perspective error.
18. Explain the procedure of processing, analyzing and analyzing motion analysis data.
19. Explain the procedure of measuring and reporting force and pressure data in biomechanics.
20. Explain the data collection procedures of electromyography.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PBM18CT203

MSc SPORTS BIOMECHANICS & KINESIOLOGY

DEGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

PALPATION TECHNIQUE & KINANTHROPOMETRY

Duration: 3 Hours

Max. Marks: 75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define palpation
2. Define kinanthropometry?
3. What is tendon?
4. Define WHR?
5. Define anatomical land mark?
6. Define acromiale?
7. What is Acromiale - Radiale length?
8. Define skinfold caliper?
9. Define somatotyping?
10. What is mesomorph?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Briefly explain the palpation technique of pectoralis major?
(or)
- b. Write a short note on soft tissue palpation?
- 12a. Write a short note on DEXA and its uses.
(or)
- b. Briefly explain the procedure of BMI and its classifications?
- 13a. Write a short note on tools used in anthropometry measurements?
(or)
- b. Briefly explain the locations of skin fold measurement?
- 14a. Briefly explain the procedure of leg length measurement?
(or)
- b. Briefly explain the procedure measuring of biepicondylar humerus breadth?
- 15a. Write a short note on Heath Carter somatotyping?
(or)
- b. Briefly explain the scoring system in somatotyping in kinanthropometry.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the need and importance of palpation techniques in the field of sports biomechanics and kinesiology?
17. Explain the procedure of measuring body composition using skin fold method?
18. Explain the anthropometric land marks and method of measurement.
19. Explain the palpation procedure of any three muscles of hip joint?
20. Explain somatography and its classifications with a neat diagram.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PBM18DE005

M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY

DEGREE EXAMINATION

APRIL - 2019

SECOND SEMESTER

EXERCISE AND SPORT PHYSIOLOGY

Duration: 3 Hours

Max. Marks: 75

PART - A

Answer All Questions

(10x2=20)

All Questions Carry Equal Marks

1. Define Exercise Physiology.
2. Define Energy.
3. Define Oxygen Debt.
4. What is OBLA?
5. What is Periodisation?
6. Define Aerobic Capacity.
7. Define Strength.
8. What is Overload?
9. Define Blood Doping.
10. What is Erythropoietin?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

Answer All Questions
All Questions Carry Equal Marks

- 11.a. Explain the need and importance of Energy, work and Power.
(or)
b. Explain the Breakdown and Resynthesis of ATP.
- 12.a. What is recovery process? And what are the principles to be followed for returning the body to its pre-exercise state.
(or)
b. Explain the Replenishment of myoglobin stores, fuel stores, and the removal of carbon dioxide.
- 13.a. Explain the Principles of Training.
(or)
b. How will you fix the intensity while planning the training Session.
- 14.a. Explain any one method of training to improve the Aerobic Capacity.
(or)
b. Explain any one method of evaluating Aerobic Capacity.
- 15.a. Explain Carbohydrate loading.
(or)
b. Explain Pre, post competition meals and fluid intake during exercise.

PART – C (3x10=30)

Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain Aerobic and Anaerobic Glycolysis in detail.
17. How will you find out the level of fitness of an individual? And how will you alter the Duration and Intensity?
18. Explain the Periodization of Training with a special reference to the different cycles.
19. Explain any three method of training to improve Strength.
20. Explain the effect of caffeine, alcohol, Anabolic steroids, Human growth hormone .



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:PBM18DE007

M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

HUMAN POSTURE AND CORRECTIVE EXERCISE

Duration: 3 Hours

Max.Marks: 75
(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Posture.
2. Define Synergies.
3. What is Sagittal plane?
4. What is Lordosis?
5. Define Ergonomics.
6. What is compressive load?
7. List the Hamstring group of muscle.
8. What is foot posture?
9. What is corrective Exercise?
10. What is muscle strength?



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PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the importance and benefits of good posture.
(or)
b. Explain the causes of poor posture.
- 12a. How will you analyse standing posture at Sagittal plane.
(or)
b. Explain flat foot.
- 13a. Explain the Postural Evaluation Chart.
(or)
b. How will you analyse lying posture.
- 14a. How will you evaluate the functional imbalance of Gluteal Muscle?
(or)
b. How will you evaluate the functional imbalance of Deltoid muscle?
- 15a. Write down the corrective exercise for shoulder.
(or)
b. Write down corrective exercise for pelvis.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the relationship between Posture and Stability.
17. Explain the various method of analyzing Standing Posture.
18. Explain the various method of analyzing the Sitting postures.
19. How will you find the muscular imbalance and explain the functional evaluation of various muscle imbalance.
20. How will you analyse the alignment and movement of different muscles in relation with its Length and strength.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PBM18SE201

**M.Sc. SPORTS BIOMECHANICS AND KINESIOLOGY
DEGREE EXAMINATION**

APRIL 2019

SECOND SEMESTER

FUNDAMENTALS OF INFORMATION TECHNOLOGY

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. List the application software for sports biomechanics.
2. What is networking?
3. What is a primary storage?
4. What is flash drive?
5. What is machine language?
6. What is DBMS?
7. What is data transmission speed?
8. What is multi-tasking?
9. List the uses of Skype.
10. What is screen sharing?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

11. a. Discuss the types of computers.
(or)
b. Brief about the input and output devices.
12. a. Explain the secondary storage in computers.
(or)
b. Write short notes on compact disc and optical disk.
13. a. Briefly discuss about the high level languages.
(or)
b. Discuss the advantages of spread sheet.
14. a. Explain the communication process in computers.
(or)
b. Explain about the modem and its working.
15. a. Brief about the importance of E mail.
(or)
b. Write short notes on 1) Group video call 2) Voice mail.

PART – C (3x10=30)
Answer ANY THREE questions
All questions carry equal marks

16. In detail discuss the software and hardware in computers.
17. Discuss the data storage and retrieval methods.
18. Explain the importance of DBMS.
19. What is networking and explain the types of networking with neat Diagram.
20. Explain the importance of MOOC courses.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **PEN18CT102**

**M.Sc. EXERCISE PHYSIOLOGY & NUTRITION DEGREE
EXAMINATION, APRIL – 2019
FIRST SEMESTER**

CARDIO VASCULAR AND RESPIRATORY PHYSIOLOGY

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Fitness.
2. Define Cardiac cycle.
3. What do you mean by Cardio dynamics?
4. Define Systole and Diastole.
5. State the meaning of action potential.
6. Define Bioelectricity.
7. Define cellular respiration.
8. What do you mean by Broncho pulmonary segment?
9. What do you mean by Lung function test?
10. Define endurance.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the components of fitness.
(or)
b. Describe the importance of sleeping heart rate.
- 12a. Discuss the structure of a normal ECG wave.
(or)
b. Explain the mechanism of maintaining blood pressure.
- 13a. Explain the significance of cardiac membrane potential.
(or)
b. Explain the structure of cardiac tissue.
- 14a. Explain the lung volumes in detail.
(or)
b. Explain the O₂ dissociation curve in detail.
- 15a. Give a detailed account on BEEP test.
(or)
b. Discuss the effect of exercise on respiratory system in detail.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the role of Conduction system of Heart. Add a note on heart rate variability during exercise.
17. Discuss the factors affecting stroke volume and cardiac output in detail.
18. Describe the cardiac electrophysiology and its mechanics.
19. Describe the mechanism of alveolar ventilation, diffusion and gas exchange system in detail.
20. Discuss the laboratory method of assessing cardiovascular endurance in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12601

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019**

SIXTH SEMESTER

SPORTS NUTRITION

Duration: 3 Hours

**Max.Marks:75
(10x2=20)**

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Sports Nutrition.
2. Calorie.
3. Skilled games.
4. Sprint cycling.
5. Sprinters.
6. Canoeing.
7. CHO.
8. Semiskilled.
9. Snookers.
10. Yachting.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) Explain the nutritional need for heavy weight Lifter.
Or
(b) Explain the nutritional need for Throwing Athlete.
12. (a) Explain the nutritional need for Triathlon.
Or
(b) Explain the nutritional need Marathon Runner.
13. (a) Explain the Calorie requirement for sprint Cyclist.
Or
(b) Furnish the Calorie requirement for jumpers.
14. (a) Furnish the Calorie requirement for Hockey.
Or
(b) Furnish the Calorie requirement for football.
15. (a) Explain the nutritional need for Yatching.
Or
(b) Explain the nutritional need for gymnastics.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the nutritional need and meal plan for Weight Lifting, wrestling and throwing events.
17. Discuss the nutritional need and meal plan for middle and long distance swimming and triathlon.
18. Discuss the nutritional prescription for sprinters, jumpers, sprint swimmers and sprint cycling.
19. Discuss the nutritional need and meal plan for Volleyball, Basketball and Tennis.
20. Discuss the nutritional need and meal plan for Semiskilled and Skilled Sports.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: PEN18CT201

M.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

NEURO PHYSIOLOGY

Duration: 3 Hours

Max.Marks:75
(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Neuro Physiology.
2. Synaptic Transmission.
3. Cerebellum.
4. Cerebral Cortex.
5. Equilibrium.
6. Muscle Tone.
7. Arterial Blood Pressure.
8. Hypothalamus.
9. CT.
10. MRI.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. a) Explain the structure and functions of neuron
Or
b) Explain the Synapse- Synaptic transmission
12. a) Explain the Ascending and Descending tracts of spinal Cord.
Or
b) Explain the role of Hypothalamus.
13. a) Explain the neural basis for instinctual and Behavior Emotion.
Or
b) Furnish the control of posture, equilibrium and muscle tone.
14. a) Furnish the control of body temperature.
Or
b) Furnish the heart rate-Sleeping.
15. a) Explain the Effect of Exercise on Nervous System.
Or
b) Explain the need for MRI.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the current status of degeneration and regeneration.
17. Discuss the organization of motor and sensory functions of CNS and Spinal cord.
18. Discuss the Higher function of Brain.
19. Discuss the Diencephalon function.
20. Discuss the Brain imaging techniques of CT and MRI.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: MN402

M.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019

FOURTH SEMESTER

NUTRITIONAL NEED FOR SPECIAL POPULATION

Duration: 3 Hours

Max.Marks:75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Thermoregulation.
2. Hydration.
3. Ageing Athletes.
4. Nutrients Interaction.
5. Hypoglycemia.
6. Glycemic Control.
7. Vegan Diet.
8. Diet.
9. Obesity.
10. DASH.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) Explain the nutritional needs for young elite athletes.
Or
(b) Explain the concept of thermoregulation.
12. (a) Explain the energy requirements for the ageing athletes.
Or
(b) Explain the role of Nutrients interaction.
13. (a) Explain the Preventing and its Managing of Hypoglycemia.
Or
(b) Explain the Glucose Monitoring During Exercise.
14. (a) Provide the Diet concerns for the vegetarian athlete.
Or
(b) Provide the method of Creatine supplementation.
15. (A) Explain the Preparing a sample Diet menu for Diabetics.
Or
(b) Explain the Diet Prescription for Obesity.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the sources of better nutrition for adolescents.
17. Discuss the Macro and Micro Nutrients requirements for aging.
18. Discuss the list of Physical activity for type 2 diabetes.
19. Discuss the vegetarian eating and menstrual dysfunction.
20. Discuss the Dietary Approaches to Stop Hypertension.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: PEN18CT202

M.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

TRAINING AND COMPETITION NUTRITION

Duration: 3 Hours

Max.Marks:75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Nutrition.
2. What is 24 hours recall?
3. What is protein turn over?
4. What is Nitrogen Balance?
5. Write the formula for Body Mass Index.
6. What is DEXA?
7. What is extra cellular fluid?
8. What is fatigue?
9. Define Diet.
10. What is eating right?



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PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. How will you maintain the Carbohydrate during Exercise?
(or)
b. Explain Carbohydrate Loading?
- 12a. Explain on Protein requirements and Endurance Athletes.
(or)
b. Is High- Protein Diet is risk? Explain.
- 13a. Explain the principles of Healthy weight gain.
(or)
b. How will you analyze the Body Composition through Bioelectric Impedance?
- 14a. Explain the types of Sports Drinks.
(or)
b. Explain the effects of Dehydration.
- 15a. Explain the Principles of Planning Diet.
(or)
b. What are the Dietary Guidelines for Eating Right?

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the various assessment of Nutritional Status in detail.
17. Is protein is essential for before, during and After exercise – Justify.
18. What are the various methods used to determine the Weight- Explain.
19. Explain the effects of Hyperthermia and dehydration on performance.
20. What are the steps involved in Planning a Diet.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code PEN18CT203

M.Sc EXERCISE PHYSIOLOGY AND NUTRITION DEGREE
EXAMINATION, APRIL - 2019

SECOND SEMESTER
STATISTICS IN EXERCISE PHYSIOLOGY AND
NUTRITION

Duration: 3 Hours

Max.Marks : 75

PART - A (10x2=20)

Answer All Questions
All Questions Carry Equal Marks

- 1 What do you mean by variable?
- 2 Define sample.
- 3 Define Normal curve.
- 4 Write down any two uses of t-test.
- 5 Define the term level of significance.
- 6 Define ANOVA
- 7 Calculate F-ratio
Sum of mean square between= 88
Sum of mean square within = 44
- 8 Define Partial correlation.
- 9 Define contingency coefficient.
- 10 Define Graphical representation.

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PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11a. Briefly explain the importance of statistics in Exercise Physiology and Nutrition.

(or)

b. Compute Mean, Median and Mode.
12,15,14,18,13,12,16,14,17,20

12a. Explain Standard Normal curve.

(or)

b. Explain the uses of Normal Distribution.

13a. Write a note on (i) Hypothesis (ii) Level of significance.

(or)

b. Calculate t ratio.

Gr I 12 15 17 19 16
Gr II 14 16 11 19 18

14a. Find out rank order correlation coefficient for the following data.

Level of motivation 25 30 24 29 20 26 22
Playing ability 76 85 72 80 86 92 78

(or)

b. Write a note on Partial and Multiple correlations.

15a. Calculate Chi-square test if.

Observed frequency 25 35 65 56 64 75

(or)

b. Write a note on (i) Pie diagram (ii) Line Diagram.

PART – C (3x10=30)
Answer any Three Questions
All Questions Carry Equal Marks

16 Compute mean and standard deviation for the following data.

C.I 60-63 63-66 66-69 69-72 72-75
F 5 6 9 7 8

17 Define Normal curve and describe the properties of normal curve.

18 Calculate one way ANOVA for the three independent groups.

Basket Ball	14	16	17	10	16	15
Foot Ball	16	22	17	10	19	11
Volley Ball	13	14	15	14	17	22

19 Write the meaning of correlation. Calculate coefficient of correlation by Pearson Product Moment Method.

X 74 65 80 72 56 50 62 60
Y 80 81 69 70 60 55 66 55

20 In a physical education department number of students opted for different sport specialization are as follows.

Sports	Frequency
Football	15
Basketball	25
Cricket	40
Badminton	20

Draw the bar diagram to show the data.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MN403

**M.SC. EXERCISE PHYSIOLOGY AND NUTRITION DEGREE
EXAMINATION, APRIL – 2019**

FOURTH SEMESTER

EXERCISE PRESCRIPTION FOR SPECIAL POPULATION

Time: Three Hours

Max.Marks: 75

Part- A (10X2= 20)

**Answer all questions
All questions carry equal marks**

1. Define the term obesity.
2. What are the primary causes of overweight and obesity?
3. Define the term Diabetes.
4. What you mean by Exercise prescription?
5. Etiology of hypertension.
6. Define hypertension?
7. Define the term Heart attack.
8. Define the term Cardiac arrest.
9. What is Bronchitis?
10. What do you mean by Hypoxia?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)

Answer all questions
All questions carry equal marks

11. (a) Give a brief account on types of obesity?
(or)
(b) Discuss in detail about the etiology of obesity.
12. (a) Describe the two major types of diabetes.
(or)
(b) Briefly explain the health problems associated with diabetes and how you will prevent diabetes mellitus?
13. (a) What are the basic risk factors for hypertension?
(or)
(b) Enumerate the preventive measures of hypertension.
14. (a) What are the signs and symptoms of CHD?
(or)
(b) Describe the Prevention of Coronary Heart Disease.
15. (a) Briefly explain the signs and symptoms of lung disease.
(or)
(b) Describe the exercises for people in need of oxygen supplementation.

Part- C (3X10=30)

Answer any THREE questions
All questions carry equal marks

16. Describe the basic exercise prescriptions for weight loss program of an obese client? Explain why exercise is an important component in weight loss programs.
17. Describe the role of exercise in treating patients with Type II diabetes and explain the major risk factors of diabetes.
18. Describe the major types of hypertension? What are the factors to be considered in the exercise prescription?
19. Describe the exercise Prescription for clients with cardiovascular disease and What are the health risks associated with coronary artery disease.
20. Discuss of the role of physical activity and exercise prescription in pulmonary rehabilitation.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PEN18DE005

**M.Sc., EXERCISE PHYSIOLOGY & NUTRITION
DEGREE EXAMINATION, APRIL - 2019
SECOND SEMESTER**

**SUPPLEMENTS AND ERGOGENIC AIDS FOR PERFORMANCE
ENHANCEMENT**

Time: Three Hours

Max.Marks: 75

Part - A

(10 x 2 = 20)

Answer all questions

All questions carry equal marks

- 1) Beta-2-Agonists.
- 2) Define Anabolic steroids.
- 3) Define Erythropoietin.
- 4) Expand DHEA.
- 5) Meaning of Narcotics
- 6) What you mean by Diuretics?
- 7) Define supplement.
- 8) What you mean by Sports gel.
- 9) Write note on Ribose.
- 10) Write note on Ginseng.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part – B (5x5=25)
Answer all questions
All questions carry equal marks

- 11.(a) Discuss the positive and negative effects of Amphetamines use as an ergogenic aid.
Or
(b) Briefly explain the effects of Anabolic Steroids abuse.
- 12.(a) Explain the effects of Androstenedione and performance.
Or
(b) Discus in details about the doping agency in sports.
- 13.(a) Briefly explain the clinical use of non steroidal anti-inflammatory drugs.
Or
(b) Give details on uses of narcotic on performance and Side-effects of narcotic.
- 14.(a) Briefly describe the theoretical benefits of Iron Supplement and BCAA Supplement.
Or
(b) Explain the effect of pyruvate supplement and give scientific evidence.
- 15.(a) Briefly describe the ergogenic benefits of Beta-Hydroxy BetaMethyl butyrat.
Or
(b) Write note on the theoretical benefits of Ginseng and ephedrine supplement.

Part – C (3x10=30)
Answer all questions
All questions carry equal marks

16. Define ergogenic aid, and discuss the various types of ergogenic aids. What are some examples of each type?
17. What is Blood doping? Explain the Blood doping effects on performance and side-effects of Blood doping.
18. Explain in detail about Diuretics effects on Performance and Side-Effects.
19. Enumerate the creatine and ribose supplement and explain mechanisms of creatine action on Performance.
20. Discuss the possible ergogenic benefits and risks of
 - i. Glutamine
 - ii. Colostrum
 - iii. Carnitine

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSM303

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL -2019

THIRD SEMESTER

RESEARCH METHODS IN BUSINESS

Duration: 3 hours

Max.Marks: 75

Part- A

(10X2=20)

Answer all questions

All questions carry equal marks

1. Define Research.
2. What is Empirical Research?
3. Define Hypothesis.
4. What is error?
5. What is Sample?
6. Write a note on Census method.
7. What is a schedule?
8. What do mean by data processing?
9. Write a note on Tabulation?
10. Write a note on Scale.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)
Answer All Questions
All questions carry equal marks

11. a) Bring out the Importance of Social research.
(OR)
b) Explain the Research Process in detail.
12. a) How will you formulate the Statement of the problem?
(OR)
b) Write a brief note on literature review.
13. a) Discuss factors determining the size of the Sample.
(OR)
b) Bring out the pros and cons of sampling?
14. a) What are the different sources of data collection.
(OR)
b) Distinguish between schedule and questionnaire.
15. a) Bring out the need for the Data Analysis and Interpretation.
(OR)
b) Give the role of statistics in research.

Part- C (3X10=30)
Answer any three Questions
All questions carry equal marks

16. What is research design? Explain any two types.
 17. What do you mean by Chapterization?
 18. Explain the Factors to be considered before designing a Questionnaire.
 19. Find out the Regression Equation from the following data.
- | | | | | | | | | |
|---|---|----|----|----|----|----|----|----|
| X | 4 | 8 | 10 | 14 | 19 | 22 | 26 | 29 |
| Y | 5 | 13 | 17 | 25 | 35 | 41 | 49 | 55 |
20. Briefly discuss the structure of a good research report.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSM306

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

**APRIL -2019
THIRD SEMESTER
SPORTS MARKETING**

Duration: 3 hours

Max.Marks: 75

**Part- A
Answer all questions
All questions carry equal marks**

1. What do you mean by sports marketing?
2. What is a sport product?
3. What is cognitive involvement?
4. Define the term 'commitment'.
5. Define the term 'brand equity'.
6. List out any four sports brands.
7. What is a 'hall mark event'?
8. Describe the term 'endorsement'?
9. List out the names of any four 'sports facility'.
10. What do mean by media relations?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)
Answer All Questions
All questions carry equal marks

11. (a) Explain the sports marketing mix.
(or)
(b) Explain the model of sports industry.
12. (a) Explain the sports consumption process.
(or)
(b) Explain the Marketing Research Process.
13. (a) Why is sports considered as a service?.
(or)
(b) Explain the typical sales approaches used in sports.
14. (a) What are the sports product elements that require pricing?.
(or)
(b) Explain the pricing methods.
15. (a) Explain the functions of distribution system in sports.
(or)
(b) Explain the functions of public relations.

Part- C (3X10=30)
Answer any three Questions
All questions carry equal marks

16. Discuss the uniqueness of sports marketing.
17. Discuss the perspectives of sports consumer behavior.
18. What are the core and extensive features of a sport product?
19. Discuss the sports promotional components with examples.
20. What are the essential features of a facility?. Explain with examples.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSM401

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL -2019

FOURTH SEMESTER

SPORTS FACILITY MANAGEMENT

Duration: 3 hours

Max.Marks: 75

Part- A

(10X2=20)

Answer all questions

All questions carry equal marks

1. What do you mean by Public Assembly Facility?
2. List out any four renowned sports facilities in the world.
3. What do you mean by facility design?
4. What is a facility site?
5. What is meant by facility system?
6. Describe the term 'preventive maintenance'.
7. What do you mean by facility marketing?
8. What are the tangible assets in a sports facility?
9. Describe 'movement theory'.
10. List out the equipments used for security systems in the facility.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)

Answer All Questions
All questions carry equal marks

11. (a) Explain the concept of 'Computer Aided Facility Management'.
(or)
(b) Explain the constituents of facility management?
12. (a) Explain the types of facilities.
(or)
(b) Explain the merits and demerits of selecting an urban site for a facility
13. (a) Explain the interior systems in a facility.
(or)
(b) Explain the importance of space management in a sports facility.
14. (a) Explain the significance of maintenance and repair programme of a facility.
(or)
(b) Explain the sources of funds for creating a new sports facility.
15. (a) What are the steps required for preparing a facility for an event?
(or)
(b) What are the functions of security management in a sports facility?

Part- C

(3X10=30)

Answer any three Questions
All questions carry equal marks

16. Discuss the functions of facility management.
17. Discuss the stages of facility construction.
18. Discuss the importance of the following in a facility:
 - a) Heating, Ventilation and Air Conditioning
 - b) Energy Systems.
19. Discuss why is facility marketing significant?
20. Discuss how to manage the crowd in a sports facility.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)

Answer All Questions
All questions carry equal marks

11. a) Explain the Need for Communication.
(or)
b). Explain the factors affecting Communication.
12. a) Explain the Barriers of Communication.
(or)
b) Explain the concept 'Audience Psychology'.
- 13.a) What are the Essentials of a Business Letter?
(or)
b) What is Motivational Communication? Explain.
14. a) Explain the Types of Media
(or)
b) Explain how to manage media.
15. a) Explain the significance of Conducting press Conference.
(or)
b) Explain the Significance of Big data in Media.

Part- C (3X10=30)

Answer any three Questions
All questions carry equal marks

- 16) Discuss the essentials of Communication Skills.
- 17) Discuss the types of Corporate Communication.
- 18) Discuss the essentials of a Good Report.
- 19) Discuss the Benefits of Public Relations in Sports.
- 20) Discuss the role of Journalism and Media in the growth of Sports in General.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT101

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

**APRIL -2019
FIRST SEMESTER**

PRINCIPLES OF MANAGEMENT

Duration: 3 hours

Max.Marks: 75

Part- A (10X2=20)

**Answer all questions
All questions carry equal marks**

1. Define management?
2. What is planning?
3. What is classical management approach?
4. What is fatigue study?
5. What is a standing plan?
6. What is span of control?
7. Define motivation.
8. What is Corporate Social Responsibility?
9. What is job analysis?
10. What is electronic communication?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT102

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL -2019

FIRST SEMESTER

ORGANIZATIONAL BEHAVIOR

Duration: 3 hours

Max.Marks: 75

Part- A

(10X2=20)

Answer all questions

All questions carry equal marks

1. Define Behavior.
2. What do you mean by individual difference?
3. Write a note on Motivation.
4. What is learning?
5. Write a note on Group.
6. What is Stress?
7. Write a note on organizational culture.
8. Define leader.
9. What is Job Satisfaction?
10. Write a note on formal communication?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT103

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL -2019

FIRST SEMESTER

BUSINESS LAW

Duration: 3 Hours

Max Marks: 75

Part – A

(2x10=20)

Answer all the Questions
All Questions Carry Equal Marks

1. Describe the term 'contract'.
2. What is a voidable contract?
3. Define Partnership Deed?
4. Who is a sleeping partner?
5. Describe the term 'agreement to sell'?
6. What is a negotiable instrument?
7. What is meant by bailment?
8. Define the term 'company'.
9. What is a public company?
10. Who is a consumer?



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Part -B (5x5=25)
Answer all the Question
All questions carry equal marks

11. (a) Explain the types contract.
(or)
(b) Explain when a contract is discharged?.
12. (a) Explain the characteristics of a partnership firm.
(or)
(b) Explain how to register a partnership firm.
13. (a) Explain the rights of an unpaid seller.
(or)
(b) Explain the rules relating to delivery of goods.
14. (a) Explain the characteristics of the Company.
(or)
(b) Explain the kinds of companies.
15. (a) Explain the objectives of The Consumer Protection Act, 1986.
(or)
(b) What are the objectives of 'The Right To Information' Act.

Part-C (3x10=30)
Answer any THREE Questions
All questions carry equal marks

16. Discuss the essential elements of a valid contract with examples.
17. Discuss the different types of partner with examples.
18. Explain the characteristics of Negotiable Instruments ?.
19. Explain the difference between a private and a public company.
20. Explain the functioning of the Consumer Disputes Redressal agencies.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT104

**M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL -2019**

**FIRST SEMESTER
MANAGERIAL ECONOMICS**

Duration: 3 Hours

Max Marks: 75

Part – A (2x10=20)

**Answer all the Questions
All Questions Carry Equal Marks**

- 1) Define Economics.
- 2) What do you mean by Demand?
- 3) What is Average cost?
- 4) What is Duopoly?
- 5) Define economies of scale.
- 6) What is production?
- 7) What is Competitive price?
- 8) Write a note on returns to scale.
- 9) What do you mean by Economic profit?
- 10) Write a note on GDP.



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Part -B (5x5=25)
Answer all the Question
All questions carry equal marks

- 11). a. Explain the role of Economics in Managerial Decision Making.
(OR)
b. Describe any one method of Demand Forecasting.
- 12). a. Write a note on Semi Variable cost.
(OR)
b. What are the different types of cost? Explain.
- 13). a. Differentiate Monopoly and Duopoly.
(OR)
b. How will you Price under different market structures?
- 14). a. What is Break Even Point? Illustrate with an example.
(OR)
b. Describe in detail C-V-P Analysis.
- 15). a. Write a note on Inflation.
(OR)
b. Explain briefly the concept of per Capita Income.

Part-C (3x10=30)
Answer any THREE Questions
All questions carry equal marks

- 16) Discuss the importance of Managerial Economics.
- 17) Discuss Law of Demand with illustration.
- 18) How will you price under different Market Structures.
- 19) A manufacturer sells his product at Rs 50 each. The Variable cost is Rs 20 per unit. Fixed cost is Rs 60,000. Calculate
i) The BEP in Units.
ii) The profit if the firm sells 30,000 units.
iii) The new BEP if it spends Rs 30,000 for Advertisement.
- 20) Explain the Concept of National Income.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

17. From the following data relating to the assets side of the balance sheet for the period from 31st Dec 2006 to 2007. Prepare a Comparative Balance sheet.

Assets	2006	2007
Land & Building	80000	74000
Plant & Machinery	60000	54000
Furniture	20000	28000
Stock	40000	60000
Debtor	40000	80000
Cash	20000	8000
Total Assets	260000	304000

18. Give the Procedure for Calculating Cash Flow Statement
19. What is ABC Analysis.
20. Prepare a Flexible Budget for the Out of 5000 Units and 8000 Units respectively from the Following Information.

Particulars	Amount in Rs. (For 7000 Units)
Machinery	3,00,000
Building	1,80,000
Electricity(60% Fixed)	7500
Repair and Maintenance(75% Fixed)	4500
Labour Charges	1,40,000
Materials	2,40,000
Total Expenses	8,72,000

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Name :

Register No :

Subject Code: PSM18CT105

**M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL -2019**

**FIRST SEMESTER
MANAGEMENT ACCOUNTING**

Duration: 3 Hours

Max Marks: 75

Part – A

(2x10=20)

**Answer all the Questions
All Questions Carry Equal Marks**

1. What do you mean by the term Accounts?
2. Give any two examples for tangible assets.
3. Write down the formula for Asset Turn Over Ratio.
4. Give the example for Financial Statement.
5. Write a note on Average Cost.
6. What is P/V ratio?
7. Give the meaning of Contribution.
8. What is a Budgeting?
9. Write a note on Variance.
10. What is Standard Cost?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part - B (5x5=25)

Answer all the Question

All questions carry equal marks

11. a) From the following assets side of the Balance sheet for the year ended 31.12.98 & 31.12.99. Prepare a Common Size Balance sheet for 1998 & 1999.

(Rs in Lakhs)

Assets	1998	1999
Cash	260	300
Debtors	390	450
Stock	450	500
Building	550	520
Machinery	550	500
Other Fixed Assets	300	380
Total	2500	2650

(OR)

- b) What is the Significance of preparing a Trial Balance?

12. a) Describe in detail any two Ratio Analysis techniques.

(OR)

- b) You are given the following information.

Particulars	Amount(Rs)
Cash	25,000
Debtors	1,60,000
Closing Stock	2,10,000
Bills Payable	30,000
Creditors	45,000
Outstanding Expenses	12,000
Tax Payable	50,000

- Calculate i) Current Ratio
ii) Liquid Ratio

13. a) Explain the process of preparing a Budget for a small size firm.

(OR)

- b) Discuss the different types of Budgets.

14. a) A manufacturer sells his product at Rs 30 each. The Variable cost is Rs 20 per unit, Fixed cost is Rs 1,50,000. Calculate the BEP in Units.

(OR)

- b) Describe in detail Cost- Volume- Profit Analysis.

15. a) Distinguish Between Standard Cost and Actual Cost.

(OR)

- b) Write a note on Flexible Budget.

Part-C

(3x10=30)

Answer any THREE Questions

All questions carry equal marks

16. Prepare the final accounts from the given Trial Balance for the period 31st dec 95.

Particulars	Debit Balances	Particulars	Credit Balances
Cash in Hand	2,400	Capital	2,00,000
Purchases	2,40,000	Bills payable	44,000
Stock on 1-1-1995	70,000	Creditors	48,000
Debts	1,00,000	Sales	4,00,000
Plant and Machinery	1,20,000		
Furniture	30,000		
Bills receivable	40,000		
Rent and taxes	20,000		
Wages	32,000		
Salaries	37,600		
Total	6,92,000	Total	6,92,000

Adjustments:

- Closing Stock Rs 30,000.
- Charge 10% interest on Capital.
- Outstanding wages Rs 1,000.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT106

M.B.A SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL -2019

FIRST SEMESTER
MANAGEMENT ACCOUNTING

Duration: 3 Hours

Max Marks: 75

Part - A (2x10= 20)

Answer all the Questions
All Questions Carry Equal Marks

1. Define Probability.
2. Write down the formula for Normal Distribution.
3. Define Average Cost.
4. What do you mean by Breakeven Point?
5. Define Statistics.
6. Give the note on Mode.
7. What is Correlation?
8. Define Regression.
9. Give the note on Z-test.
10. What is Hypothesis?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part -B (5x5=25)

Answer all the Questions
All questions carry equal marks

11. a) Find Usual Notation for a Binomial variate X, find p when $n = 6$ and $9P(X = 4) = P(X = 2)$.
(or)
b) If X is a random variable following binomial distribution with mean 2.4 and variance 1.44, find $P(X < 5)$
12. a) Distinguish between Variable cost and Marginal Cost.
(or)
b) If the Total cost is $C = 50 + 10x + 25x^2$, Find the Average Cost and Marginal Cost when x is 13 units.
13. a) Calculate the Arithmetic mean of the marks from following table.
- | | | | | | | |
|------------------|------|-------|-------|-------|-------|-------|
| Marks: | 0-10 | 10-20 | 20-30 | 30-40 | 40-50 | 50-60 |
| No. of Students: | 12 | 18 | 27 | 20 | 17 | 6 |
- (or)
- b) Calculate the Mode.
- | | | | | | |
|------------|-------|-------|-------|-------|-------|
| Class: | 10-20 | 10-20 | 20-30 | 30-40 | 40-50 |
| Frequency: | 10 | 14 | 19 | 17 | 13 |
14. a) Calculate the Spearman's Rank Correlation Coefficient for the following data.
- | | | | | | | | | |
|-----|----|----|----|----|----|----|----|----|
| X : | 53 | 98 | 95 | 81 | 75 | 71 | 59 | 55 |
| Y : | 47 | 25 | 32 | 37 | 30 | 40 | 39 | 45 |
- (or)
- b) For the Following data, find the most likely price at Chennai corresponding to the price 70 at Mumbai and that at Mumbai corresponding to the price 68 at Chennai.
- | | | |
|---------------|---------|--------|
| | Chennai | Mumbai |
| Average cost | 65 | 67 |
| S.D. of price | 0.5 | 3.5 |
- S.D. of the Difference between the process at Chennai and Mumbai is 3:1.
15. a) The mean lifetime of a sample of 100 light tubes produced by a company is found to be 1580 hours with standard deviation of 90 hours. Test the hypothesis that the mean lifetime of the tubes produced by the company is 1600 hours.

(or)

- b) The Mean breaking Strength of the cables supplied by manufacturer is 1800 with an SD of 100. By a new technique in the manufacturing process, it is claimed that the breaking strength of the cable has increased. To test those claim a sample of 50 cables is tested and is found that the mean braking strength is 1850. Can we support the claim at 1% level significance?

Part-C (3x10=30)

Answer any THREE Questions
All questions carry equal marks

16. A box contains 5 balls. Two Balls are drawn and found to be white. What is the probability that all the balls are white?
17. A company determines the Marginal cost of producing x units of a particular product during a one day operation is given by:
 $MC = 16x - 1591$
The selling price of the product is fixed at $p = Rs. 9/\text{unit}$ and the fixed cost is $FC = Rs. 1800/\text{day}$.
Find 1) Cost of Product,
2) Revenue of the company,
3) Profit of the company,
4) What is the maximum profit that can obtain in a one day operation.
18. Calculate the median for the following data.
- | | | | | | |
|-----------------|---------|---------|---------|---------|---------|
| Wages: | 100-109 | 110-119 | 120-129 | 130-139 | 140-149 |
| No. of Workers: | 15 | 23 | 38 | 24 | 10 |
19. Calculate the correlation coefficient for the following heights (in inches) of fathers(x) and their sons(y)
- | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|
| x: | 65 | 66 | 67 | 67 | 68 | 69 | 70 | 72 |
| y: | 67 | 68 | 65 | 68 | 72 | 72 | 69 | 71 |
20. A buyer of electric bulbs bought 100 bulbs each of two famous brands. Upon testing these he found that brand A had a mean life of 1500 hours with Standard deviation of 50 hours whereas brand B had a mean life of 1530 hours with a standard deviation of 60 hours. Can it be concluded at 5% level of significance, that the two brands differ significantly in quality?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT201

M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER

OPERATIONS MANAGEMENT

Duration: 3 hours

Max. Marks: 75

Part-A (10 X 2 = 20)
Answer all questions
All questions carry equal marks

1. What is Job Shop production?
2. Define Product Design.
3. Define Make or Buy Decisions.
4. What are the benefits of CAD?
5. What do you mean by plant location?
6. Define Capacity Planning.
7. Define Work study.
8. What is the meaning of Just in Time?
9. What is Store Keeping?
10. Define Vendor Rating.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT202

**M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER**

MARKETING MANAGEMENT

Duration: 3 hours

Max. Marks: 75

Part-A

(10 X 2 = 20)

Answer all questions

All questions carry equal marks

- 1) What do you mean by Marketing Management?
- 2) Define the term "Marketing Planning"
- 3) Write a short note on Marketing Environment.
- 4) What is meant by Market Segmentation?
- 5) Define 'consumer behavior'
- 6) What is Marketing Research?
- 7) What is Product Life Cycle?
- 8) What do you mean by Positioning?
- 9) Define Advertising.
- 10) What is Channel of Distribution?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part-B (5 X 5 = 25)
Answer all questions
All questions carry equal marks

11. a) Explain the functions of Marketing.
(OR)
b) Explain the Importance of Marketing.
12. a) Explain the Macro Environmental factors that influence the marketing activities of any company.
(OR)
b) Explain the benefits of market segmentation.
- 13.a) Explain the types of Buying Decision Behavior.
(OR)
b) Explain the Significance of Customer Relationship Management.
14. a) Explain the Different stages of Product life Cycle.
(OR)
b) Explain the different Pricing policies/methods.
15. a) Explain the functions of Advertising.
(OR)
b) Explain the Importance of Distribution.

Part-C (3 X 10 = 30)
Answer any THREE questions
All questions carry equal marks

16. Discuss the concept of Marketing Mix with examples.
17. Discuss the bases of Market Segmentation.
18. Discuss the Stages of Consumer Decision process with examples.
19. Discuss the Stages of New Product development.
20. Discuss the functions of Sales Management.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT202

M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

FINANCIAL MANAGEMENT

Duration: 3 hours

Max. Marks: 75

Part-A

(10 X 2 = 20)

Answer all questions

All questions carry equal marks

1. Define Finance.
2. List out the types of Equity Shares.
3. What is Public Deposit?
4. What is Capital?
5. What are the types of Capital Structure?
6. Mention some of the limitations of Capital Structure.
7. What do you mean by Reserves and Surplus Funds?
8. Define Dividend.
9. Define Budget.
10. Write a note on Inventory.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part-B (5 X 5 = 25)
Answer all questions
All questions carry equal marks

11. a) Briefly explain the role of Finance Manager.
(OR)
b) Explain the nature of Financial Management.
12. a) What are the different types of Debentures.
(OR)
b) List out the determinants of Working Capital?
13. a) What is Cost of Equity? Explain.
(OR)
b) From the following information calculate the cost of Debenture
i) When issued at Par
ii) When issued at 10 % discount.
iii) When issued at 5 % premium.
- The Debenture of Rs 100 issued for 5 years at 15 % interest.
14. a) Explain the factors affecting dividend decision.
(OR)
b) What are the determinants of Capital Structure?
15. a) Write a note on Credit Policy.
(OR)
b) What do you understand by the term Inventory Cost?

Part-C (3 X 10 = 30)
Answer any THREE questions
All questions carry equal marks

16. Explain in detail the different sources of Long-Term Capital.
17. A company is considering an investment proposal at a cost of Rs. 1, 20,000. The cost of capital is 10%. The estimated cash flows from the investment proposal are as follows:

Year	Cash Inflows (Rs.)
1	50,000
2	40,000
3	50,000
4	30,000
5	40,000

- Compute (a) Discounted Payback period (b) Net present value.
18. From the following information Calculate Weighted Average Cost of Capital.

Sources of Capital	Amount(Rs)	Cost of Capital
Equity Shares	5,00,000	15%
Preference Shares	3,50,000	12%
Debentures	4,00,000	10%
Loans	2,50,000	12%

19. What is Inventory Management? Discuss some of the Inventory Management Techniques.
20. Explain in detail the Dividend Policy.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT204

M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER

HUMAN RESOURCE MANAGEMENT

Duration: 3 hours

Max. Marks: 75

Part-A
Answer all questions
All questions carry equal marks

- 1) Define Human Resource Management.
- 2) What are the qualities of good HR manager?
- 3) Define Human Resource Planning.
- 4) What is Recruitment?
- 5) What do you mean by Selection?
- 6) Define Induction.
- 7) Mention any four benefits of Job Rotation.
- 8) What do you mean by off the job Training.
- 9) What is Performance Appraisal?
- 10) Define Corporate Social Responsibility.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part-B (5X5=25)
Answer all questions
All questions carry equal marks

11. a) Explain the Different Functions of HRM.
(or)
b) Elaborate the Role of HR managers.
12. a) Explain the Different factors affecting Recruitment.
(or)
b) Explain the Steps in Human Resource Planning Process.
13. a) Explain the Significances of Selection Process.
(or)
b) Why a company gives more importance to retaining existing Employees.
14. a) Discuss the Importance's of Training and Development in the Organization.
(or)
b) Explain about the Steps in MBO Process.
15. a) Explain the Objectives of Wage and Salary Administration.
(or)
b) Explain the Benefits of Corporate Social Responsibility.

Part-C (3X10=30)
Answer any THREE questions
All questions carry equal marks

- 16) Discuss the difference between Personnel Management and Human Resource Management.
- 17) Explain the Sources of Recruitment in detail.
- 18) Discuss the Steps in Selection process.
- 19) Describe in detail the types of Training.
- 20) Discuss the different methods of Performance Appraisal.

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19. Draw the network diagram and compute the earliest and latest start & finish of the activities and also find the Critical path. Consider the following project:

Activity	Activity duration (days)
0-1	3
1-2	8
1-3	12
2-4	6
2-5	3
3-4	3
3-6	8
4-7	5
5-7	3
6-7	8

20. Discuss in detail the application of Game Theory with examples.

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Name :

Register No :

Subject Code: PSM18CT205

M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER

APPLIED OPERATIONS RESEARCH
Duration: 3 hours Max. Marks: 75

Part-A (10X2=20)
Answer all questions
All questions carry equal marks

1. Write a note on LPP.
2. Give an example for a constraint.
3. Define Slack Variable.
4. Give the procedure for the North West Corner Rule.
5. What is Route Condition?
6. Write a note on idle time.
7. What do you mean by Optimal Sequence?
8. What is CPM?
9. Define Simulation.
10. What is Zero sum Game?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18CT206

M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

MANAGEMENT INFORMATION SYSTEM

Duration: 3 hours

Max. Marks: 75

Part-A (10X2=20)

Answer all questions

All questions carry equal marks

1. Define Information Systems.
2. What are the Components of Information System?
3. Define Database Management System?
4. What is Distributed System?
5. Mention any two advantages of KPO.
6. What are the types of Information System?
7. What do you mean by System Analysis?
8. Define System Design.
9. What is ERP? Mention any two benefits.
10. Define Data mining.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part-B (5X5=25)
Answer all questions
All questions carry equal marks

11. a) Explain the Role of Information Systems in Formal Organization.
(or)
b) Explain the Dimensions of Information systems.
12. a) Explain the Types of Database Management Systems.
(or)
b) Explain the Types of Software's used in Organization.
13. a) Write a notes on
 - i. Transaction Processing Systems
 - ii. Management Information Systems(or)
b) Distinguish between Strategic Level and Operational Level of Information Systems.
14. a) Explain about the Stages of System Development Life cycle.
(or)
b) Explain about the System Development Approaches.
15. a) Describe in details of the ERP Modules.
(or)
b) Discuss the Security and Ethical Issues of Information Systems.

Part-C (3X10=30)
Answer any THREE questions
All questions carry equal marks

16. Describe the Strategic Use of information Technology in Business Environment.
17. Discuss the Types of Internet and Office Communication.
18. Discuss the Difference Between BPO and KPO.
19. Discuss the steps in BPR process.
20. Explain about the ERP Related Technologies.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSM18SE201

**M.B.A., SPORTS MANAGEMENT DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER**

E-COMMERCE

Duration: 3 hours

Max. Marks: 75

Part-A (10X2=20)

Answer all questions

All questions carry equal marks

1. What do you mean by E-COMMERCE?
2. List out any two applications of E-Commerce.
3. What is WWW?
4. What is B2C?
5. Write a note on Extranet?
6. Mention any two limitations of E-Commerce.
7. What do you mean by IPR?
8. Define the term e-fund.
9. Define decryption.
10. Write a note on cyber law.



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Part-B (5X5=25)
Answer all questions
All questions carry equal marks

11. a) Explain the driving forces of E-Commerce.
(OR)
b) Briefly explain the nature of E-Commerce Infrastructure.
12. a) Discuss the concept of retailing in E-Commerce.
(OR)
b) Write a short note on Advertising in E-Commerce?
13. a) What is Search Engine? Explain with suitable examples.
(OR)
b) Explain the role of e-commerce in the field of Sports Management.
14. a) Explain the concept of Unified Payment System.
(OR)
b) What are the threats in E-Commerce?
15. a) Briefly explain about Intelligent Agents.
(OR)
b) What are the ethical issues in E-Commerce?

Part-C (3X10=30)
Answer any THREE questions
All questions carry equal marks

16. Explain how E-Commerce differs from traditional commerce?
17. Discuss the Impact of e-commerce in the field of education and learning.
18. Briefly explain the Payment System in e-commerce with a neat flow diagram.
19. Bring out the differences between Credit Card and the Debit Card.
20. Discuss briefly the legal and privacy issues in E-Commerce.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15101

B.P.Ed DEGREE EXAMINATION, APRIL – 2019

FIRST SEMESTER

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL
EDUCATION

Duration: 3 Hours

Max.Marks: 75
(10x2= 20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define the term physical education.
2. Mention the names of theories of play.
3. What is muscle tone?
4. What is mental age?
5. Define the term "learning".
6. What is transfer of learning?
7. What is epic age?
8. List down the order of events of opening ceremony of Modern Olympic Games.
9. Mention any four functions of All India Council of Sports.
10. What is Rajiv Gandhi Khel Rathna award?



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Describe physical training and physical culture.
(or)
b. Explain the role of physical education in general education.
- 12a. Write about National Sports Day.
(or)
b. Describe the Sheldon classification of body types.
- 13a. Write about the theories of learning.
(or)
b. Explain the types of learning
- 14a. Describe about the physical education in Rome.
(or)
b. Describe Asian Games.
- 15a. Explain the functions of Sports Authority of India.
(or)
b. Write the importance of Indian Olympic Association.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain theories of play in detail.
17. Describe in detail about the growth and development at period, pre-adolescence and adolescence.
18. Explain in detail about the laws of learning.
19. Describe about the physical education in ancient Greece and Athens.
20. Write notes on the following :
- a. NCC b. NSO c. Arjuna award d. Dronacharya award.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15102

B.P.Ed DEGREE EXAMINATION, APRIL - 2019

FIRST SEMESTER

ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION

Duration: 3 Hours

Max.Marks: 75

PART - A

Answer All Questions

(10x2= 20)

All Questions Carry Equal Marks

1. Define Anatomy.
2. What is Physiology?
3. Define cardiac output.
4. What is respiration?
5. What is salivary glands?
6. What is glycolysis?
7. Expand the term CNS.
8. Define neuron.
9. Define health.
10. Expand the word WHO.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15103

B.P.Ed. DEGREE EXAMINATION, APRIL- 2019

FIRST SEMESTER

YOGA EDUCATION

Duration: 3 Hours

Max.Marks: 75

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. What is meant by Bhakthi yoga?
2. When and why International yoga day is celebrated?
3. List down different schools of yoga.
4. Define health and wellness.
5. What is twisting asana?
6. What is meant by loosening exercise?
7. List down the benefits of inverted asanas.
8. Define the term kumbaka.
9. What is Nadi Shodhana?
10. Define meditation.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15104A

B.P.Ed DEGREE EXAMINATION, APRIL- 2019

FIRST SEMESTER

OLYMPIC MOVEMENT

Duration: 3 Hours

Max.Marks: 75

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. What is meant by ancient Olympics?
2. What are the goals of the Olympic movement?
3. Write a brief note on Olympic rings.
4. Write a brief note on Olympic flag.
5. What is winter Olympics?
6. What is meant by para Olympics?
7. Who is the governing body for Olympics in India?
8. Name the city where the Head Quarters of International Olympic Committee is situated.
9. Name Two Indian medalists in Olympics.
10. What is Olympic code of Ethics?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No.:

Subject Code

**B.P.Ed. DEGREE EXAMINATION, APRIL 2019
FIRST SEMESTER
ENVIRONMENTAL AND GENDER STUDIES**

Duration: 3 Hours

Max. Marks:75

**PART – A (10 X 2 = 20)
Answer all questions
All questions carry equal marks**

1. Define environmental science.
2. Write any two important benefits of environmental studies.
3. Mention any two natural resources.
4. State any two types of pollution.
5. List down any two sources of pollution.
6. Write any two natural hazards.
7. List down any two problems of transgender.
8. Mention any two characteristics of transgender.
9. Give any two gender issues.
10. What is meant by the term invisible work?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5 X 5 = 25)
Answer all questions
All questions carry equal marks

11. (a) Explain the scope and need of environmental studies.
(or)
(b) Write a short note on plastic cycling.
11. (a) Discuss the management of environment and government policies.
(or)
(b) Write a short note on water resources.
12. (a) Write about the connection between the people and environment.
(or)
(b) Write a short note on natural hazards.
14. (a) Explain the science behind transgender.
(or)
(b) Write a short note on Gender Vs Biology.
15. (a) Discuss the term globalization and its impact on women.
(or)
(b) Write a note on mapping various women movements.

PART – C (3 X 10 = 30)
Answer any THREE questions
All questions carry equal marks

16. Discuss the role of school in environmental conservation and sustainable development.
17. Describe the role of pollution control board to create good environment.
18. Discuss the causes and the impact of pollution on human life.
19. Describe the role of family and society.
20. Explain the gender issues and problems in sports.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15201

B.P.Ed., DEGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

SPORTS TRAINING

Duration: 3 Hours

Max.Marks: 75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Training.
2. What is meant by Short Term Plan?
3. What is meant by Cross Training?
4. Purpose of Fartlek Training.
5. Define Explosive Strength.
6. Any two importance of Strength.
7. What do you mean by Speed Barrier?
8. Meaning of Speed Endurance.
9. Define Long Time Endurance.
10. What is Ballistic Method?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.P.Ed DEGREE EXAMINATION, APRIL 2019
SECOND SEMESTER**

**ORGANIZATION, ADMINISTRATION AND METHODS IN
PHYSICAL EDUCATION**

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define the term Organization.
2. Meaning of Administration.
3. What is time table?
4. Meaning of Teaching Aids.
5. What is challenge tournament?
6. Define the term Lesson plan.
7. List down the parts of response Command
8. What is meant by games tour?
9. What is meant by Standard sports meet?
10. What is Intramural?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No:

Subject Code : B15203

B.P.Ed. DEGREE EXAMINATION, APRIL-2019

SECOND SEMESTER

**THEORIES OF SPORTS AND GAMES, COACHING AND
OFFICIATING - PART I**

Duration: 3 Hours

Total Marks -75

PART-A

(10X2=20)

Answer ALL questions

All Questions Carry Equal Marks

1. What is meant by non standard track?
2. List down any four field events in track & field.
3. Write a note on cross country.
4. What is meant by 'Kerb'?
5. Mention the name of any two officials in track event.
6. Expand- BCCI & FIBA.
7. What is 'Cant' in kabaddi?
8. Mention the specifications of Kho-Kho post.
9. Define the term 'Training'.
10. Mention the scoring system in Volleyball.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code **B15204A**

B.P.Ed., DEGREE EXAMINATION, APRIL -2016

SECOND SEMESTER

**EDUCATIONAL TECHNOLOGY AND COMPUTER APPLICATION
IN PHYSICAL EDUCATION**

Duration: 3 hours

Max.Marks: 75

PART – A

(10x2= 20)

**Answer ALL Questions
All questions carry Equal Marks**

1. What is meant by the Education?
2. List any two technologies used in Education.
3. Meaning of project method of teaching.
4. What is motion picture?
5. Meaning of slide projector.
6. Define – Teaching aids.
7. What is ICT?
8. Write a brief note on MS Word.
9. What is MS Excel?
10. How to open a PPT file?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5 x 5 = 25)
Answer ALL questions
All Questions Carry Equal Marks

11. a) Explain formal education.
(OR)
b) Describe the application of Educational Technology.
12. a) Types of micro teaching - Explain.
(OR)
b) Meaning and Steps involved in simulation teaching.
13. a) Team teaching -explain.
(OR)
b) Distinguish teaching methods and teaching aid.
14. a) Need and importance of ICT-Explain.
(OR)
b) Explain the editing and formatting features.
15. a) Data editing in MS Excel-Explain.
(OR)
b) Creating a slide show in MS PowerPoint-Explain.

PART – C (3 x 10 = 30)
Answer Any Three questions
All Questions Carry Equal Marks

16. Explain the importance of devices and methods of Teaching.
17. Discuss teaching techniques and explain any two.
18. Give a detailed account on visual aids in teaching.
19. Discuss about the computer applications used in the field of physical education and sports.
20. Explain the applications of MS Office in Physical Education and Sports.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15204B

B.P.Ed DEGREE EXAMINATION, APRIL – 2019

SECOND SEMESTER

DISABILITY AND INCLUSIVE EDUCATION

Duration: 3 Hours

Max.Marks: 75

(10x2=20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define adapted physical education
2. List down the important sport events organized for disabled persons.
3. Write two reasons for visually impairment.
4. Meaning of hearing impairment.
5. List any two equipment's for disable persons.
6. Define motor activity.
7. Define adapted games.
8. Who is known as father of adapted physical education in India?
9. Define inclusive education.
10. Write two important features of inclusive games.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: B15301

B.P.Ed. DEGREE EXAMINATION, APRIL - 2019

THIRD SEMESTER

MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

Duration: 3 Hours

Max. Marks: 75

PART - A

(10 x 2 = 20)

Answer All Questions

All Questions Carry Equal Marks

1. What is the meaning of Test?
2. Define Measurement.
3. Define Reliability.
4. What is meant by Norms?
5. Define Physical fitness.
6. Write down the test items of Rogers Physical Fitness Index.
7. List down the test items of AAHPERD test.
8. Write the J.C.R test items.
9. List down the test items of Leilich Basketball test.
10. Meaning of skill test.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15302

B.P.Ed., DEGREE EXAMINATION, APRIL -2019

THIRD SEMESTER

RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Duration: 3 hours

Max.Marks: 75

PART – A (10x2= 20)

**Answer ALL the Questions
All questions carry Equal marks**

1. Define - Research
2. Action research.
3. Null Hypothesis
4. Research Design.
5. Dissertation.
6. Research Abstract.
7. Descriptive statistics.
8. Measures of central tendency.
9. Mean Deviation.
10. Histogram.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: B15303

**B.P.Ed DEGREE EXAMINATION, APRIL - 2019
THIRD SEMESTER**

SPORTS PSYCHOLOGY & SOCIOLOGY

Time: 3 Hours

Max. Mark: 75

PART – A (10 x 2 = 20)
Answer All Questions
All Questions Carry Equal Marks

1. Define sports psychology.
2. What is motor learning?
3. Define personality.
4. Define motivation.
5. Define anxiety.
6. What is motor perception?
7. Define self-concept.
8. Define sports sociology.
9. Define leadership.
10. Define group.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: B15304A

B.P.Ed. DEGREE EXAMINATION, APRIL - 2019
THIRD SEMESTER

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Duration: 3 Hours

Max.Marks : 75

PART - A (10x2=20)
Answer All Questions
All Questions Carry Equal Marks

1. Define nutrition.
2. Name two foods rich in proteins.
3. Name the water soluble vitamins.
4. What is fat?
5. What is meant by the term weight management?
6. Define obesity.
7. What is balanced diet?
8. What is meant by dieting?
9. Define macro nutrients.
10. Name one food stuff rich in ascorbic acid.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code: B15304B

B.P.Ed DEGREE EXAMINATION, APRIL- 2019

THIRD SEMESTER

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION,
FITNESS AND WELLNESS

Duration: 3 Hours

Max.Marks : 75

PART-A

(10x2=20)

Answer All questions

All questions carry equal marks

1. Definition of Physical Education.
2. What is wellness?
3. Types of fitness.
4. What is Hypokinetic disease?
5. Write any two Aerobic exercises
6. What is sets?
7. Define safety education.
8. What is Emergency care?
9. Meaning of Pre-event meal.
10. Meaning of Vitamins.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code: B15401

B.P.Ed DEGREE EXAMINATION, APRIL – 2019

FOURTH SEMESTER

**THEORIES OF SPORTS AND GAMES, COACHING
AND OFFICIATING – PART II**

Duration: 3 Hours

Max. Marks: 75

PART-A (10 X 2 = 20)

**Answer ALL Questions
All Questions Carry Equal Marks**

1. Define RDS tournament.
2. Duration of hockey match.
3. Define Goal Line Technology.
4. Define SGFI.
5. Total number of officials required for handball match.
6. How many players are required to start the ball badminton game?
7. Meaning of systems of officiating.
8. Define Grand Slam.
9. What is the Weight of table tennis ball?
10. What is considered as the winning score for a tennikoit?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code B15402

B.P.ED. DEGREE EXAMINATION, APRIL 2019

FOURTH SEMESTER

KINESIOLOGY AND BIOMECHANICS

Duration: 3 Hours

Max. Marks: 75

PART – A (10 X 2 = 20)

Answer all questions

All questions carry equal marks

1. Define Kinesiology.
2. What is meant by centre of gravity?
3. State the meaning of posture.
4. Name any two types of joints.
5. Define force.
6. State any two types of force.
7. What is meant by term couple?
8. What is meant by the term stability?
9. Meaning of lever.
10. What do you understand by the term 'biomechanical analyses'?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15403

B.P.Ed. DEGREE EXAMINATION, APRIL – 2019

FOURTH SEMESTER

SPORTS MANAGEMENT, RECREATION AND CAMPING

Duration: 3 Hours

Max.Marks: 75

PART – A

(10 X 2 = 20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Management.
2. List any two qualities of Sports Manager.
3. Define Autocratic Leadership.
4. Bring out the meaning of Leadership.
5. What is meant by Power Planning?
6. Name various types of Budget.
7. What is meant by Recreation of Play?
8. Name any two commercial Agencies.
9. List the types of Camps.
10. Define Camping.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15404A

B.P.Ed DEGREE EXAMINATION, APRIL – 2019

FOURTH SEMESTER

SPORTS MEDICINE, PHYSIOTHERAPY AND
REHABILITATION

Duration: 3 Hours

Max.Marks: 75

PART – A

(10 X 2 = 20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Medicine.
2. Write the meaning of Sports Injuries.
3. Define Physiotherapy.
4. What do you mean by Electrotherapy?
5. Define of Hydrotherapy.
6. Define Massage.
7. Define Therapeutic Exercise.
8. What do you mean by Thermotherapy?
9. Briefly explain Dislocation.
10. Define Strain.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5 x 5 =25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) Explain the Prevention of sports injuries.
(Or)
(b) Explain the Athletes Care and Rehabilitation.
12. (a) Write a short note on:
(i) Infrared rays
(ii) Ultraviolet Rays
(Or)
(b) Explain the need and Importance of Physiotherapy.
13. (a) Explain Hydrotherapy and Cryo- therapy treatments
(Or)
(b) Write short note on:
(i) Contrast Bath
(ii) Whirlpool Bath
14. (a) Classify Therapeutic Exercise and explain any two.
(Or)
(b) Explain the Shoulder Strengthening exercises.
15. (a) Define good posture and briefly explain the postural deformities.
(Or)
(b) Briefly Explain about Fracture and Dislocation.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the need and importance of Sports medicine for physical education teacher.
17. Explain the guiding Principles of Physiotherapy and Electrotherapy.
18. Explain the Classification of massage.
19. Explain the application of therapeutic exercises.
20. Explain the kinds of Bandages and Dressings for sports injuries.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15101

M.P.Ed DEGREE EXAMINATION, APRIL - 2019

FIRST SEMESTER

RESEARCH PROCESS IN PHYSICAL EDUCATION AND
SPORTS SCIENCES

Duration: 3 Hours

Max.Marks: 75
(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Research.
2. Write about the basic research.
3. What is case study?
4. Define historical research.
5. What is hypothesis?
6. Describe the factorial design.
7. Meaning of population.
8. What is Non probability?
9. Write about the bibliography.
10. List out the body of the thesis.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the criteria for selection of research problem.
(or)
b. Discuss about the qualities of good researcher.
- 12a. Write about the sources of historical research.
(or)
b. Describe the survey study.
- 13a. Discuss about the nature and meaning of experimental research.
(or)
b. Explain the types of variables.
- 14a. Illustrate the judgment sampling.
(or)
b. Discuss the process and techniques of sampling.
- 15a. Write about the method of writing abstract in conference.
(or)
b. Illustrate the mechanics of writing research report.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the need, importance and scope of research in physical education.
17. Describe the steps in historical research.
18. List out the types of experimental design and explain it.
19. Explain about the probability methods.
20. Describe the method of writing research proposal.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15102

M.P.Ed. DEGREE EXAMINATION, APRIL – 2019
FIRST SEMESTER

TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL
EDUCATION

Time: 3 Hours

Max. Marks: 75
(10X2=20)

Part - A

Answer All TEN questions
All Questions Carry Equal Marks

1. Define measurement.
2. Define Norms.
3. Define motor fitness.
4. Test items of JCR test.
5. Define fitness.
6. Write any two cardio vascular tests.
7. Define aerobic capacity.
8. Use of skin fold calibre.
9. Define skill test.
10. Write the name of the test to assess Tennis skills.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. a) Explain the need and importance of evaluation in physical education.
(or)
b) Describe the administrative feasibility while conducting test.
12. a) Explain the Kraus Weber Muscular fitness test.
(or)
b) Explain the Barrow motor ability test.
13. a) Explain the procedures of administering 12 minutes run/walk test.
(or)
b) Explain Roger's physical fitness index.
14. a) Explain the method of conducting 1.5 mile run test for college male.
(or)
b) Explain any test to assess anaerobic capacity.
15. a) Explain Miller wall volley test.
(or)
b) Explain Mc. Donald Soccer test.

Part – C (10x3=30)
Answer any THREE questions.
All questions carry equal marks.

16. Describe the criteria for selecting a good test.
17. Explain Indiana motor fitness test for different categories.
18. Explain AAHPERD health related physical fitness test in details.
19. Narrate anthropometric measurement techniques in details.
20. Explain the Johnson basketball ability test.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:M15103

M.P.Ed DEGREE EXAMINATION, APRIL-2019

FIRST SEMESTER

YOGIC SCIENCES

Duration: 3 Hours

Max. Marks: 75

PART-A

(10X2=20)

Answer All Questions
All Questions Carry Equal Marks

1. Define Yoga.
2. What is the meaning of Pranayama?
3. Define Nauli.
4. Write any two benefits of Neti.
5. Define Mudras?
6. What is Meditation?
7. Define Anxiety.
8. What is mana mudras?
9. Define depression.
10. Two benefits of balancing chakras.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B (5x5=20)
Answer All Questions
All Questions Carry Equal Mark

- 11 a. Explain the Principles , meaning and definition of Yoga.
(Or)
B. Write the benefits of Vivekananda Kendra methods of Suryanamaskar.
- 12 a. Write the methods and benefits Of Kapalapathi.
(Or)
b. Explain: 1) Trataka and Dhuti
- 13 a. Yoga and mental wellbeing – Explain.
(Or)
b. Explain about the types of Mudras?
- 14 a. Elaborate about the power yoga.
(or)
b. Yoga is compensation exercises- Explain.
- 15 a. Write about the yogic diet.
(or)
b. Explain about yoga for leadership.

PART-C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Mark

16. Explain suryanamaskar with mantra and steps.
17. Write in detail about techniques and types of kriyas.
18. Explain the types and benefits of meditation
19. Write about the role of yoga in psychological preparation of athletes.
20. Yoga for performance enhancement of sports persons. How?

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code: M15104A

M.P.Ed DEGREE EXAMINATION – APRIL 2019

FIRST SEMESTER

PHYSICAL FITNESS AND WELLNESS

Duration: 3 Hours

Max.Marks : 75

PART-A

(10x2=20)

Answer All questions

All Questions Carry Equal Marks

1. Define Physical fitness.
2. Define physical activity.
3. What is food pyramid?
4. Write any two side effects of drugs.
5. Define aerobic exercise.
6. What is body alignment?
7. Meaning of Anaerobic Exercise.
8. Write proper breathing techniques.
9. Types of flexibility.
10. What are dynamic exercises?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B (5x5=25)
Answer All questions
All questions carry equal marks

11. (a) Briefly explain the principles of Physical Fitness
(or)
(b) Give brief explanation of current trends in Fitness and Conditions
12. (a) Write short notes on Food choice and Food sources
(or)
(b) Enumerate the weight management
13. (a) Briefly explain how far the Aerobic exercise improve the Fitness level
(or)
(b) Give short notes on proper stretching and warm-up before practicing yoga.
14. (a) Write the principles of resistance training
(or)
(b) Give brief note on the basic exercises for weight training
15. (a) Enumerate how far the Flexibility training is supporting Yoga performance
(or)
(b) Write short notes on Breathing and Relaxation in Yoga

PART-C (3x10=30)
Answer any THREE questions
All Questions Carry Equal Marks

16. Discuss the Leisure time activity and opportunities in community participation for fitness.
17. Discuss how far the Nutrition labelling information Food choice Food pyramid influences in body weight management level.
18. Explain in detail the Cardio respiratory endurance frame training programme to improve endurance level.
19. List down the Anaerobic Exercises safety techniques in weight training and advanced techniques of weight training.
20. Examine the benefits of yoga for the treatment of sports injuries.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15104B

M.P.Ed. DEGREE EXAMINATION, APRIL – 2019

FIRST SEMESTER

SPORTS TECHNOLOGY

Duration: 3 Hours

Max.Marks: 75

PART – A

Answer All Questions

(10x2= 20)

All Questions Carry Equal Marks

1. Define Sports technology.
2. What is Neoprene?
3. Write any two uses of Styrofoam.
4. Write any two materials used to manufacture racquets.
5. What is a synthetic material?
6. Differentiate Bat, Stick and Racquets.
7. Write any two software used for match analysis.
8. What is artificial turf?
9. Name any two types of camera using for video coverage.
10. Which is the measurement of lighting luminous in indoor game?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Write the purpose and advantages of sports technology.
(or)
b. Discuss the general principles of instrumentation in sports.
- 12a. Write about the Nano glue and molding technology in sports.
(or)
b. Write the uses of Polyurethane and Polystyrene foam.
- 13a. Explain the different types of play surfaces.
(or)
b. Explain the computer and software uses in match analysis.
- 14a. What is protective equipment? Give examples of protective equipment's used in games.
(or)
b. What are the technology used in clothing and shoes?
- 15a. Write the mechanism of bowling machine and ball feeder machine.
(or)
b. Discuss about the flood light mechanism and measuring luminous.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the technological impacts in sports persons.
17. Explain the Nano technology and its implications in sports.
18. Examine the modern technology used in the construction of indoor facilities.
19. Write the technology used in equipment's of throwing and jumping events.
20. Explain the video coverage technology in sporting events.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15201

M.P.Ed. DEGREE EXAMINATION, APRIL -2019

SECOND SEMESTER

APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS

Duration: 3 hours

Max.Marks: 75

PART – A

(10x2=20)

Answer ALL Questions

All questions carry Equal marks

1. Write any two functions of Statistics
2. What is Data?
3. 2.1, 2.2, 2.1, 2.2, 2.1, 2.2, 2.1 –Find Mode
4. In cricket, A batsman scored 12, 35, 46, 101, 47, 97 in a series - Find Range of the batsman.
5. What is Z scale?
6. Write the formula to find out Quartile deviation.
7. Define Kurtosis
8. What is Pie diagram?
9. What is level of confidence?
10. Define ANCOVA.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. a) Explain the term population, sample and variables.
(OR)
b) Parametric and non-parametric Statistics.
12. a) Merits and Demerits of Mean and Median -Explain.
(OR)
b) What is frequency table? And construct frequency table for the following data – 12, 13, 15, 16, 17, 18, 19, 21, 23, 24, 25, 16, 19, 18, 24, 23, 25, 27, 28, 31, 34, 36, 37, 38, 39, 41, 52, 46, 48, 49, 47, 38, 37, 39.
13. a) Mean=42.35, SD=1.25 - Calculate T-scale and Hull Scale.
(OR)
b) Write the Meaning of Measures of Variability and explain.
14. a) Explain Divergence from Normality.
(OR)
b) What is graph? and explain its types.
15. a) Compute independent t-test
Volleyball – 29, 23, 15, 24, 26, 28, 32, 30.
Handball – 26, 24, 22, 28, 25, 27, 30, 31.
(OR)
b) What is ANOVA? And explain its concept.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. What is Statistics? and explain its types in detail.
17. Compute mean, median and mode for the following data –16, 15, 17, 35, 46, 48, 51, 53, 57, 29, 27, 18, 41.
18. Compute Standard Deviation, Mean Deviation, Quartile Deviation and Range – 24, 26, 37, 28, 39, 31, 32, 37, 35, 30, 35.
19. Explain Principle and properties of Normal probability curve.
20. Compute correlation for the data given below.
X : 12, 18, 16, 14, 13, 19, 20, 22
Y : 11, 16, 18, 15, 19, 20, 23, 19

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed. DEGREE EXAMINATION, APRIL 2019

SECOND SEMESTER

SPORTS BIOMECHANICS AND KINESIOLOGY

Duration: 3 Hours

Max. Marks:75

PART - A

(10X2=20)

Answer all questions

All questions carry equal marks

1. Write the meaning of dynamics.
2. State the meaning of Applied Kinesiology.
3. Name the longest muscle in the human body.
4. Mention any two muscles in the upper body.
5. State any one difference between centripetal force and centrifugal force.
6. Define motion.
7. What is energy?
8. State the meaning of the term 'work'.
9. Write any two methods of analysis.
10. State any two types of analysis.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:M15203

M.P.Ed DEGREE EXAMINATION, APRIL – 2019

SECOND SEMESTER

SPORTS PSYCHOLOGY & SOCIOLOGY

Time: 3 Hours

Max.Mark: 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define sports psychology.
2. Define personality?
3. Define stress.
4. What is motor learning?
5. Define perception.
6. Define aggression.
7. Define sports sociology.
8. Define goal setting.
9. Define leadership.
10. What is gender inequality?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15204A

M.P.Ed DEGREE EXAMINATION, April – 2019

SECOND SEMESTER

SPORTS JOURNALISM AND MASS MEDIA

Duration: 3 Hours

Max.Marks: 75

PART – A (10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Definition of Journalism.
2. Mention any two national sports news agencies.
3. Meaning of Sports Bulletin.
4. Write the various types of bulletin.
5. Write about mass media.
6. Write short notes on Sports experts comments.
7. Write briefly about Indian traditional games.
8. Brief review about common wealth games.
9. Sports Organization.
10. Radio and Sports.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15204B

M.P.Ed DEGREE EXAMINATION, APRIL – 2019
SECOND SEMESTER

HEALTH EDUCATION AND SPORTS NUTRITION

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)
Answer All Questions
All Questions Carry Equal Marks

1. Define health.
2. What do you mean by health supervision?
3. What are communicable diseases?
4. Define obesity.
5. What is hygiene?
6. What is hypertension?
7. Define sports nutrition.
8. Name two foods rich in carbohydrates.
9. How BMI can be determined?
10. What is the acronym of AIDS?



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15301

M.P.Ed DEGREE EXAMINATION, APRIL – 2019

THIRD SEMESTER

SPORTS MEDICINE, ATHLETIC CARE AND
REHABILITATION

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Medicine.
2. Define therapeutic exercises
3. What is Contraindications?
4. Define isometric.
5. Define Dislocation
6. Define Strain
7. Define Injury.
8. Define Rehabilitation.
9. What is Contusion
10. Write any two symptoms of shoulder dislocation.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15301

M.P.Ed DEGREE EXAMINATION, APRIL – 2019

THIRD SEMESTER

SPORTS MEDICINE, ATHLETIC CARE AND
REHABILITATION

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Sports Medicine.
2. Define therapeutic exercises
3. What is Contraindications?
4. Define isometric.
5. Define Dislocation
6. Define Strain
7. Define Injury.
8. Define Rehabilitation.
9. What is Contusion
10. Write any two symptoms of shoulder dislocation.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. (a.) Explain aim and objectives of Sports Medicine.
(Or)
(b). Briefly explains the benefits of Aquatic therapy.
12. (a) Discuss the role of Physiotherapy in Rehabilitation.
(Or)
(b). Explain the supporting and aiding techniques for Lower limb injuries.
13. (a) Briefly explain the Shoulder Strengthening exercises.
(Or)
(b). Explain the sign, symptoms and rehabilitation of Elbow Injuries.
14. (a). Differentiate between Isotonic and Isokinetic exercises.
(Or)
(b). Explain about core strengthening exercises.
- 15.(a). Explain the Massage Manipulation and therapeutic exercises.
(Or)
(b). List down the injuries occurring in neck explain its rehabilitation.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the need and importance of Sports medicine.
17. Define stretching and explain the Types of stretching.
18. Explain the symptoms, causes and rehabilitation of Spinal injury.
19. Explain the supporting aiding techniques and equipment's for Upper Limb and Thorax Injuries.
20. Discuss in detail about strapping and strengthening exercises for ankle lateral ligament sprain.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code **M15302**

**M.P.Ed., DEGREE EXAMINATION, APRIL - 2019
THIRD SEMESTER**

PHYSIOLOGY OF EXERCISE

Duration: 3 Hours

Max. Marks: 75

PART - A

(10×2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is 'muscle tone'?
2. Name the muscle fibers.
3. What is 'stroke volume'?
4. What is 'cardiac hypertrophy'?
5. What is 'anaerobic threshold'?
6. What is 'oxygen bet'?
7. What is 'aerobic metabolism'?
8. What is 'Bioenergetics'?
9. What is 'Thermo regulation'?
10. What is 'ergogenic aids'?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5×5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a) Explain the structure of the skeletal muscle with a neat diagram.
or
b) Describe the sliding filament theory of muscular contraction with a diagram.
12. a) Explain the heart valves and direction of the blood flow.
or
b) What are the factors affecting the heart rate.
13. a) Describe the ventilation at rest and during exercise.
or
b) Describe the exchange of gases in the lungs with a diagram.
14. a) Describe the metabolism ATP-PC.
or
b) Describe the 'Glycolysis'.
15. a) Explain the effect of high altitude on sports performance.
or
b) Describe the effect of amphetamines and caffeine on sports performance.

PART – C (3×10=30)

**Answer any THREE Questions
All Questions Carry Equal Marks**

16. Explain the effect of exercises and training on the muscular system.
17. Describe the effect of exercises and training on the cardiovascular system.
18. Explain the effect of exercises and training on the respiratory system.
19. Describe the aerobic and anaerobic system during rest and exercise.
20. Explain the influence of ergogenic aids and doping on sports performance.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code **M15303**

**M.P.Ed DEGREE EXAMINATION, APRIL - 2019
THIRD SEMESTER**

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Duration: 3 Hours

Max. Marks: 75

PART - A (10×2=20)
Answer All Questions
All Questions Carry Equal Marks

1. What is sports training?
2. Define training load.
3. Explain isometric training.
4. Define speed.
5. Define periodization.
6. What is called mobility?
7. Explain macro cycle.
8. Explain blood doping.
9. Define drugs.
10. Define co-ordination.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5×5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a) Explain the aim and importance of sports training.
or
b) Briefly explain the term overload and specificity.
12. a) Describe the factors which influence speed.
or
b) Write about the unit construction for strength development.
13. a) Explain the methods to improve flexibility.
or
b) Explain the plyometric training.
14. a) Briefly explain sports talent identification.
or
b) Explain the meso cycle plan.
15. a) Explain side effects of drugs for players.
or
b) Write short notes on blood doping.

PART – C (3×10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Explain the characteristics of sports training.
17. Explain the short, medium and long term endurance training.
18. Explain the multiple periodization in detail.
19. Explain the special types of training.
20. Explain ergogenic aids in sports and games.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code **M15304A**

**M.P.Ed DEGREE EXAMINATION, APRIL - 2019
THIRD SEMESTER**

SPORTS ENGINEERING

Duration: 3 Hours

Max. Marks: 75

PART - A (10×2=20)
Answer All Questions
All Questions Carry Equal Marks

1. Meaning of sports engineering.
2. Define human motion.
3. Define Shear force.
4. Define strain energy.
5. Define Sports infrastructure.
6. What is axial force?
7. Purpose of Play Park.
8. Financial consideration of sports engineering.
9. Maintenance costs of building process.
10. Re-evaluation of building process.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15401
M.P.Ed DEGREE EXAMINATION – APRIL 2019
FOURTH SEMESTER

INFORMATION AND COMMUNICATION TECHNOLOGY IN
PHYSICAL EDUCATION

Duration: 3 hrs

Max. Marks: 75
(10 X 2 = 20)

PART- A
Answer All Questions
All Questions Carry Equal Marks

1. Write the elements of Communication.
2. List any two communication barriers.
3. What is Power point?
4. Define Brochure.
5. Define E- Learning.
6. What is Visual Classroom?
7. Meaning of spread sheet.
8. Meaning of web based learning.
9. Expand SPSS.
10. How to naming a variable?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. (a). Discuss the uses of Information technology.
[or]
(b). How to overcome the communication barrier?
12. (a). What are the features of MS Word.
[or]
(b). List out the Application of Ms Excel.
13. (a). Explain the Project Based Learning.
[or]
(b). Write the advantages of Web Based Learning.
14. (a). Describe the method of feeding data.
[or]
(b). Explain the method of Calculating t-test through Excel.
15. (a). Differentiate Data View and Variable View.
[or]
(b). How to compute descriptive statistics in SPSS.

PART – C (3x10=30)
Answer any THREE Questions
All Questions Carry Equal Marks

16. Explain the uses of SPSS and its advantage.
17. Write the uses of computer in Physical Education Research.
18. Discuss the approaches to integrating ICT in Teaching and Learning Process.
19. Describe the Input and output devices in detail.
20. Describe the scope and importance of ICT in Physical Education.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: M15402

M.P.Ed. DEGREE EXAMINATION, APRIL – 2019

FOURTH SEMESTER

**THEORY – SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION**

Duration: 3 Hours

Max.Marks: 75

PART – A

(10X2=20)

Answer All Questions

All Questions Carry Equal Marks

1. What is Recruitment?
2. Define Sports Management.
3. Define raising of funds.
4. Meaning of Sports Organization.
5. List out the types of 'Public Relationship'.
6. What is Media?
7. Define Curriculum Frame Work.
8. Explain Magazine.
9. List the Methods of Evaluation.
10. What do you mean by Objective Test?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11a. Write down the principles of Sports Organization.

(or)

b. Explain Sports Organization.

12a. Describe Competitive Sports Programme.

(or)

b. Critically examine the Social Problems.

13a. Discuss about Equipment and Supplies Management.

(or)

b. Explain the procedures to be followed in Maintaining Records.

14a. Describe the criteria for Curriculum Content.

(or)

b. Enumerate the modern concept of Curriculum Role.

15a. Write short notes on Curriculum Research.

(or)

b. Explain Curriculum Appraisal.

PART – C (3x10=30)
Answer any THREE Questions
All Questions Carry Equal Marks

16. Analyze the role of Manager and Inter personal roles.

17. Discuss about Record Maintenance and Purchase of Equipment's.

18. Explain the various factors influencing the development of Programme.

19. Discuss in detail the Sources of Curriculum Materials.

20. Write an essay on Curriculum Evaluation in High and Higher Secondary Schools.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code: M15404A
M.P.Ed. DEGREE EXAMINATION, APRIL – 2019
FOURTH SEMESTER
THEORY-VALUE AND ENVIRONMENTAL EDUCATION

Duration: 3 Hours

Max.Marks: 75
(10x2=20)

PART – A
Answer All Questions
All Questions Carry Equal Marks

1. Define Value.
2. What is meant by Communal value?
3. Define Goal Setting.
4. Meaning of Social Harmony.
5. Define Self-Esteem.
6. Meaning of Sub Conscious Mind.
7. Define Environmental studies.
8. What is meant Plastic Free Zone?
9. Meaning of Pollution.
10. Define Mitigation.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject code: M15404B

M.P.Ed. DEGREE EXAMINATION, APRIL – 2019
FOURTH SEMESTER

EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION

Duration: 3 Hours

Max.Marks: 75

PART – A (10x2= 20)
Answer All Questions
All Questions Carry Equal Marks

1. What is educational technology?
2. Define instructional technology.
3. What is goal setting?
4. List any two modes of communication.
5. What is instructional design?
6. What is self-learning material?
7. Define audio-visual media.
8. Give the expansion of "CCTV".
9. Define computer-assisted instruction.
10. What is teleconferencing?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

11. (a). Describe the scope of educational technology.
[or]
(b). Briefly explain the transactional usage of educational technology.
12. (a). Discuss the effectiveness of communication in instructional systems.
[or]
(b). Write short notes on content analysis.
13. (a). Briefly explain the stages of development of instructional design.
[or]
(b). Explain the uses of self-learning material.
14. (a). List the merits of audio conferencing.
[or]
(b). Briefly explain the importance of audio-visual media in physical education.
15. (a). Discuss the new horizons of educational technology.
[or]
(b). Briefly explain the procedure for organizing teleconferencing.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Describe the different forms of educational technology and its benefits.
17. Discuss the barriers and the process of communication.
18. Explain instructional design for competency based teaching.
19. Explain the use of animation films in teaching physical activities.
20. List recent innovations in educational technology and explain any one in detail.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPE101

M.Phil., DEGREE EXAMINATION, APRIL 2019

SEMESTER

RESEARCH METHODOLOGY AND STATISTICS IN PHYSICAL
EDUCATION

Duration: 3 Hours

Max Marks: 60

Part- A (10x1=10)

Answer All Question

All Questions Carry Equal Marks

1. Write short notes on "Research".
2. State the meaning of Hypothesis.
3. What do you understand the term level of "significance"?
4. Define research design.
5. Give an account on Quasi Experimental design.
6. What do you mean by normal curve?
7. Classify the data based on their nature.
8. Write short notes on correlation?
9. Differentiate type I error from type II error.
10. List down the variables involved in the experimental research.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPE201A

M.Phil. PHYSICAL EDUCATION DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

Area of Dissertation

(EXPERIMENTAL STUDY)

Duration : 3 Hours

Max.Marks: 60

PART – A (10x1 = 10)

Answer all Questions

All Questions Carry Equal Marks

1. Define research.
2. What is front materials?
3. Define research hypothesis.
4. What you mean by Justification.
5. Define sampling.
6. What is research Proposal?
7. What do you mean by factorial design?
8. Define ANCOVA.
9. Describe the format of research report.
10. Define research report.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPE201B

M.Phil. PHYSICAL EDUCATION DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

Area of Dissertation
(COMPARATIVE STUDY)

Duration: 3 Hours

Max.Marks: 60
(10x1=10)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Write down any two objectives of your study?
2. Write down the hypothesis of your study.
3. Define: Test.
4. Write down the variables and test items in your study?
5. Define: Research Design.
6. Define: Sampling.
7. Write down the median formula for ungrouped data.
8. What is the use of post hoc test?
9. Write down the types of reports.
10. Expand the APA?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x4=20)
Answer All Questions
All Questions Carry Equal Marks

- 11 a. Explain the Delimitations in your study.
(or)
b. Justification of the selection of your topic.
- 12 a. Explain the method of testing any one variable of your study.
(or)
b. How to find out reliability of instruments?
- 13 a. What are the principles followed for sampling technique?
(or)
b. Explain static group comparison design.
- 14a. Calculate Independent 't' following data
Group 1: Mean: 15.6 Group 2: 18.3
S.D : 3.2 S.D : 3.5
N= 30 (Table Value: 2.04)
(or)
b. Explain the different post hoc tests?
- 15 a. Explain the steps in research report writing?
(or)
b. Explain the various contents used in appendices format.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the various contents in chapter-1 in your study.
17. Explain the methodology of your study.
18. Explain the types of sampling technique.
19. Explain the ANOVA and Repeated Measures of ANOVA and their applications.
20. Explain chapterizations in your study.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPE201C

M.Phil. PHYSICAL EDUCATION DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

**AREA OF DISSERTATION
(RELATIONSHIP AND PREDICTION STUDIES)**

Duration: 3 Hours

Max. Marks: 60

(10x1=10)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define: Relationship.
2. What is meant by positive perfect correlation?
3. What is the range of correlation value?
4. Explain the scope of your topic.
5. Define: Extraneous Variables.
6. Write down the types of research design.
7. How will you test your hypothesis?
8. What is the formula for rank order correlation?
9. Define: Regression analysis.
10. Explain the methods used to write bibliography.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

USE SEPARATE MAINSHEET FOR SECTION I, II AND III

Name:

Register No:

Subject Code: MPE202

M.Phil, PHYSICAL EDUCATION DEGREE EXAMINATION

APRIL - 2019

SECOND SEMESTER

COMPUTER OPERATION, COMMUNICATIVE AND
EDUCATIONAL SKILLS

Duration: 3 Hours

Max. Marks: 60

SECTION - I

Max. Marks:22

COMPUTER OPERATION (UNITS - I & II)

PART - A

(4x1=4)

Answer All Questions

All Questions Carry Equal Marks

1. Distinguish Hardware and Software.
2. Expand 'WWW'
3. Write any two popular search engines
4. Write any two uses of 'Visual Basic'

PART - B

(2x4=8)

Answer All Questions

All Questions Carry Equal Marks

5. (a) Briefly explain 'LAN and WAN'

(or)

- (b) Briefly explain about the web pages and web servers.

6. (a) Write short notes on simple calculations in Spread sheet with example.

(or)

- (b) Write short notes on "SQL" statements with examples.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code : PPE18CT101

M.P.Ed. DEGREE EXAMINATION , APRIL- 2019

FIRST SEMESTER

RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS
SCIENCES

Duration : 3 Hours

Max. Marks :75
(10x2=20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define research.
2. Meaning of action research.
3. Meaning of normative study
4. What is secondary data?
5. Meaning of variable.
6. What is factorial design?
7. What is sampling techniques?
8. Meaning of quota sampling.
9. List the front materials of a thesis.
10. Meaning of unpublished thesis.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PPE18CT102

M.P.Ed DEGREE EXAMINATION, APRIL- 2019

FIRST SEMESTER

YOGIC SCIENCES

Duration: 3 Hours

Max.Marks: 75

PART – A

Answer All Questions

All Questions Carry Equal Marks

(10x2= 20)

1. Meaning of spiritual values.
2. What is the meaning of loosening exercises?
3. Menaing of Nauli.
4. What is bandha?
5. What is mudra?
6. What is passive meditation?
7. What is power yoga?
8. Define depression.
9. What is yogic diet?
10. Define the term leadership.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11.a. Write down the benefits of suryanamaskar.
(OR)
b. Describe different types of pranayama.
- 12.a. Explain Jalendra bandha and its benefits.
(OR)
b. "Through yogic practice we can protect our eyes"-Discuss
- 13.a. Describe techniques and benefits of any two types of mudras.
(OR)
b. Explain the benefits of meditation.
- 14.a. With suitable examples explain supplemental exercise and compensation exercise.
(OR)
b. Write down the role of yoga and mental wellbeing of athletes.
- 15.a. In brief explain "yoga for management of sports injuries".
(OR)
b. How can you connect yogic diet with hygiene?

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the types and benefits of asanas.
17. Write down the concept of kriya and explain the techniques and benefits
18. Explain the types of meditation and which type of meditation is ideal for school children?
19. What is the role of yoga in psychological preparation of athletes?
20. Explain the effect of yoga on skill development and performance enhancement of players.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name: Joseph

Reg.No.

MSP 17201

**M.Phil. SPORTS PSYCHOLOGY DEGREE EXAMINATION
APRIL 2019**

AREA OF DISSERTATION

Time: 3 hours

**Max.Marks: 60
(10X1=10)**

Part- A

Answer all questions

All questions carry equal marks

1. Mindfulness.
2. Mindful bell.
3. Emotional Intelligence.
4. Self-Motivation.
5. Fixation.
6. Athlete.
7. Frustration.
8. Emotional Quotient.
9. Research Design.
10. Bibliography.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X4=20)

Answer all questions
All questions carry equal marks

11. (a) Explain Mindful Scan.
(or)
(b) Brief out the central concepts of Mindfulness.
12. (a) Discuss the importance of Emotional Intelligence in daily life.
(or)
(b) Examine the role of emotional intelligence in sports.
13. (a) Explain the causes of Frustration.
(or)
(b) Discuss how you would manage frustration in sports.
14. (a) Explain the relationship between emotional intelligence and Sports.
(or)
(b) Describe the relationship between frustration and sports.
15. (a) Discuss the research design of your study.
(Or)
(b) Explain the importance of research in sports psychology.

Part- C (3X10=30)

Answer any three questions
All questions carry equal marks

16. Discuss Mindfulness oriented interventions.
17. Explain the Components of emotional intelligence.
18. Explain different kind of Reaction to Frustration.
19. Discuss the impact of mindfulness in sports.
20. Explain how you would write your research proposal.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name: Saravanan

Reg.No.

MSP 17201

**M.Phil. SPORTS PSYCHOLOGY DEGREE EXAMINATION
APRIL 2019**

AREA OF DISSERTATION

Time: 3 hours

**Max.Marks: 60
(10X1=10)**

Part- A

Answer all questions

All questions carry equal marks

1. Disabled Athletes.
2. Paralympics.
3. Expand PST.
4. Pre-performance Preparation.
5. Self Esteem.
6. Mood State.
7. Burnout.
8. Over Training.
9. Experimental Control.
10. Delimitations.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X4=20)

**Answer all questions
All questions carry equal marks**

11. (a) Discuss the categories of Disability.
(Or)
(b) Brief out the Origin of Paralympics.
12. (a) Discuss the nature and importance of PST.
(Or)
(b) Explain the goals of PST.
13. (a) Explain the components of Self-Esteem.
(Or)
(b) Discuss the role of mood states among Disabled Athletes.
14. (a) Explain Burn out in Sports.
(Or)
(b) Describe the models of Burn out.
15. (a) How would you select your research proposal.
(Or)
(b) How would you promote quality research?

Part- C (3X10=30)

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

16. Discuss the role of Psychology in Disability Sports.
17. Discuss the various psychological skills employed in your research.
18. Explain the relationship between self-esteem and mood states among disabled athletes.
19. Explain the causes and prevention of burnout among disabled athletes.
20. How would you apply your research findings for excellence in sports?

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No:

Subject code:MP17401

**M.Sc. PSYCHOLOGY DEGREE EXAMINATION, APRIL-2019
FOURTH SEMESTER**

SCHOOL PSYCHOLOGY

Duration: 3 Hours

**Max.Marks: 75
(10 X 2 = 20)**

PART A

Answer All Questions

All Questions Carry Equal Marks

1. Classroom Behavior.
2. Role Model.
3. Problem Behavior.
4. Classroom Management.
5. Confidentiality.
6. Sympathy.
7. Vocational Guidance.
8. Moral Development.
9. Skill Development.
10. Critical Thinking.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5= 25)

**Answer all questions
All questions carry equal marks**

11. (a) Discuss the social interaction between teacher and the child.
(Or)
(b) Explain the nature of communication in schools.
12. (a) Discuss the group behavior problems.
(Or)
(b) Explain what are school refusal problems.
14. (a) How would you categorise the children problems in school.
(Or)
(b) Discuss the role of counselor in schools.
14. (a) Explain Career Counseling.
(Or)
(b) Describe the role of teacher as an applied psychologist.
15. (a) How would you development study skills.
(Or)
(b) Discuss the techniques of creative thinking.

Part- C (3X10=30)

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

15. Discuss the influence of peer group and conformity and non-conformity in schools.
16. Discuss the various behavior modification techniques in classroom.
17. Explain the process of counseling in schools.
18. Discuss the developmental Stages in Career Choice.
19. How would you promote the children to set goals for effective academic performance.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No:

Subject code:MS17401

**M.Sc. PSYCHOLOGY DEGREE EXAMINATION, APRIL-2019
FOURTH SEMESTER**

**COUNSELING AND BEHAVIOR MODIFICATION TECHNIQUES IN
SPORTS**

Duration: 3 Hours

**Max.Marks: 75
(10X2=20)**

**PART A
Answer All Questions
All Questions Carry Equal Marks**

1. Counseling.
2. Psychotherapy.
3. Trait.
4. Psychodynamics.
5. Behavior Modification.
6. Substance Abuse.
7. Assertion.
8. Operant Conditioning.
9. CBT.
10. Problem Solving.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)
Answer all questions
All questions carry equal marks

11. (a) Explain Multicultural Counseling.
(or)
(b) Discuss the goals of Counseling.
12. (a) Explain Person Centered Approach.
(or)
(b) Explain Adlerian Therapy.
13. (a) What are the salient features of Behavioral Counseling.
(or)
(b) Discuss the role of meditation in Counseling and behavior modification.
14. (a) Explain Systematic Desensitization.
(or)
(b) Describe the Premack's principle and prompting.
15. (a) Describe the fundamental aspects of Cognitive Restructuring.
(Or)
(b) Explain Meichenbaum's Self-Instructional Training.

Part- C (3X10=30)
Answer any three questions
All questions carry equal marks

16. Discuss the process of Counseling.
17. How would you treat OCD through Behavior therapy?
18. Explain the application of Behavior Therapy in treating anxiety disorders.
19. Discuss the aversive training.
20. Explain Ellis Rational Emotive Therapy.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No:

Subject code:PSP18CT201

**M.Sc. SPORTS PSYCHOLOGY DEGREE EXAMINATION
APRIL-2018**

SECOND SEMESTER

PSYCHOLOGY ASPECTS OF SPORTS PERFORMANCE

Duration: 3 Hours

Max.Marks: 75

PART A

(10 X 2 = 20)

Answer All Questions

All Questions Carry Equal Marks

1. Positive Attitude.
2. Fighting Spirit.
3. Cognition.
4. Individual and Team Sports.
5. Drive.
6. Youth.
7. Psychological Preparation.
8. Post Competition.
9. Trait.
10. Mental Health.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B (5 X 5 = 25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) How would you adapt to competitive situation.
(Or)
(b) Brief out the ways of controlling athletes before the competition.
12. (a) Explain Strategic Thinking.
(Or)
(b) Explain Direct and Indirect Suggestions.
13. (a) Differentiate Extrinsic and Intrinsic Motivation.
(Or)
(b) Explain Perceived Competence.
14. (a) Explain the types of Competition
(Or)
(b) Discuss the characteristics of Pre Competition.
15. (a) Describe the psychological characteristics of Athletes.
(Or)
(b) Explain Ice-berg Profile.

Part- C (3X10=30)
Answer any three questions
All questions carry equal marks

16. Discuss the physiological and psychological impact of overtraining.
17. Explain the ways of improving attention and concentration skills.
18. Discuss the theories of Achievement Motivation.
19. Explain the determinants of competitive behavior.
20. Discuss the relationship between mood states and athletic Performance.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No:

Subject code:PSP18CT202

**M.Sc. PSYCHOLOGY DEGREE EXAMINATION, APRIL-2019
FOURTH SEMESTER**

BIOLOGICAL BASIS OF BEHAVIOR

Duration: 3 Hours

**Max.Marks: 75
(10X2=20)**

PART- A

Answer All Questions

All Questions Carry Equal Marks

1. Bio Psychology.
2. Anatomical Methods.
3. Neurons.
4. Synapse.
5. Nervous System.
6. Cerebrospinal fluid.
7. Speech.
8. Memory.
9. Sleep.
10. REM.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B (5 X 5 = 25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) Explain mind-brain relationship.
(or)
(b) Discuss the ethical issues in biological psychology.
12. (a) Explain the structure of neuron with a diagram.
(or)
(b) How does the communication takes place between the neurons.
13. (a) Explain Bloodbrain barrier.
(or)
(b) Explain the different lobes in the brain.
14. (a) Explain Synaptic Plasticity.
(or)
(b) Discuss the dysfunction of memory.
15. (a) Describe the factors affecting consciousness.
(Or)
(b) Explain the stages of sleep.

Part- C (3X10=30)
Answer any three questions
All questions carry equal marks

16. Discuss the methods of study in physiological psychology.
17. Explain the role of neurotransmitters.
18. Explain the structure of the brain.
20. Enumerate the disorders of Reading and Writing.
20. Discuss the disorders of Sleep.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

USE SEPARATE MAINSHEET FOR SECTION I, II AND III

Name:

Register No:

Subject Code: MSP17202

M.Phil., SPORTS PSYCHOLOGY DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

COMPUTER OPERATION, COMMUNICATIVE AND EDUCATIONAL SKILLS

Duration: 3 Hours

Max. Marks: 60

SECTION - I

Max. Marks:22

COMPUTER OPERATION (UNITS - I & II)

PART - A (4x1=4)

Answer All Questions

All Questions Carry Equal Marks

1. Distinguish Hardware and Software.
2. Expand 'WWW'
3. Write any two popular search engines
4. Write any two uses of 'Visual Basic'

PART - B

(2x4=8)

Answer All Questions

All Questions Carry Equal Marks

5. (a) Briefly explain 'LAN and WAN'
(or)
(b) Briefly explain about the web pages and web servers.
6. (a) Write short notes on simple calculations in Spread sheet with example.
(or)
(b) Write short notes on "SQL" statements with examples.

PART - C

(1x10=10)

Answer the Following

- 7 (a) Discuss the methods of collecting research literature through internet resources with examples.
(or)
(b) Enumerate the uses of power point presentation and also explain the methods to prepare with suitable illustrations.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

SECTION – II Max. Marks: 22
COMMUNICATIVE (UNITS – III & IV)

PART – A (4x1=4)

Answer All Questions

All Questions Carry Equal Marks

8. Define "Communication".
9. Write any two barriers of communication.
10. Define 'Soft Skills'.
11. Write any two uses of 'Listening Skill'.

Part – B (2x4=8)

Answer All Questions

All Questions Carry Equal Marks

12. (a) Briefly explain the methods of report writing.
(or)
(b) Write short notes on the steps involved in Note Making.
13. (a) Briefly explain "Group discussion".
(or)
(b) Write short notes on the steps involved in the preparation for interview.

PART – C (1x10=10)

Answer the Following

14. (a) Enlist the type and role of communication in detail.
(or)
(b) Explain the following related to Presentation skills
(i) Body Language (ii) Speaking (iii) Pronunciation
(iv) Structuring Presentation

SECTION – III Max. Marks: 16
EDUCATIONAL SKILLS (UNIT –V)

Part – A (2x1=2)

Answer all questions

All questions carry equal marks

15. Define 'Pedagogy'.
16. Write down the meaning of the term 'Life Skills'.

PART – B (1x4=4)

Answer The Following

17. (a) Write short notes on 'Educational Psychology'.
(or)
(b) Write short notes on 'Modern Education and Skill Development'.

PART – C (1X10=10)

Answer the Following

18. (a) Explain any two theories of Pedagogy.
(or)
(b) Discuss issues and challenges in the Indian Higher Education.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

USE SEPARATE MAINSHEET FOR SECTION I, II AND III

Name:

Register No:

Subject Code: MPS17202

M.Phil. SOCIOLOGY DGREE EXAMINATION, APRIL - 2019

SECOND SEMESTER

COMPUTER OPERATION, COMMUNICATIVE AND EDUCATIONAL SKILLS

Duration: 3 Hours

Max. Marks: 60

SECTION - I

Max. Marks:22

COMPUTER OPERATION (UNITS - I & II)

PART - A

(4x1=4)

Answer All Questions

All Questions Carry Equal Marks

1. Distinguish Hardware and Software.
2. Expand 'WWW'
3. Write any two popular search engines
4. Write any two uses of 'Visual Basic'

PART - B

(2x4=8)

Answer All Questions

All Questions Carry Equal Marks

5. (a) Briefly explain 'LAN and WAN'
(or)
(b) Briefly explain about the web pages and web servers.
6. (a) Write short notes on simple calculations in Spread sheet with example.
(or)
(b) Write short notes on "SQL" statements with examples.

PART - C

(1x10= 10)

Answer the Following

- 7 (a) Discuss the methods of collecting research literature through internet resources with examples.
(or)
(b) Enumerate the uses of power point presentation and also explain the methods to prepare with suitable illustrations.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

SECTION – II Max. Marks: 22
COMMUNICATIVE (UNITS – III & IV)

PART – A (4x1=4)

Answer All Questions

All Questions Carry Equal Marks

8. Define "Communication".
9. Write any two barriers of communication.
10. Define 'Soft Skills'.
11. Write any two uses of 'Listening Skill'.

Part – B (2x4=8)

Answer All Questions

All Questions Carry Equal Marks

12. (a) Briefly explain the methods of report writing.
(or)
(b) Write short notes on the steps involved in Note Making.
13. (a) Briefly explain "Group discussion".
(or)
(b) Write short notes on the steps involved in the preparation for interview.

PART – C (1x10=10)

Answer the Following

14. (a) Enlist the type and role of communication in detail.
(or)
(b) Explain the following related to Presentation skills
(i) Body Language (ii) Speaking (iii) Pronunciation
(iv) Structuring Presentation

SECTION – III Max. Marks: 16
EDUCATIONAL SKILLS (UNIT –V)

Part – A (2x1=2)

Answer all questions

All questions carry equal marks

15. Define 'Pedagogy'.
16. Write down the meaning of the term 'Life Skills'.

PART – B (1x4=4)

Answer The Following

17. (a) Write short notes on 'Educational Psychology'.
(or)
(b) Write short notes on 'Modern Education and Skill Development'.

PART – C (1X10=10)

Answer the Following

18. (a) Explain any two theories of Pedagogy.
(or)
(b) Discuss issues and challenges in the Indian Higher Education.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSP17102

M.Phil. SPORTS PSYCHOLOGY DEGREE EXAMINATION
APRIL - 2019

FIRST SEMESTER

APPLIED SPORTS PSYCHOLOGY

Time: 3 hours

Max.Marks: 60
(10x1=10)

Part- A

Answer all questions

All questions carry equal marks

1. Sports Sciences.
2. Biofeedback.
3. Cognition.
4. Perception.
5. Aggression.
6. Locus of Control.
7. Athletes Burnout.
8. Stressor Appraisal.
9. PST.
10. Standardization.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code PSP18CT203

M.SC PSYCHOLOGY DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

BEHAVIORAL STATISTICS

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

- 1 Define data.
- 2 Calculate range if max score=99 and min score=19
- 3 Write down the other names of normal curve.
- 4 What is Standard Normal curve?
- 5 Define Level of Significance.
- 6 List any two uses of t test.
- 7 Calculate F-ratio
Sum of mean square between= 64
Sum of mean square within = 42
- 8 Write down the formula for Multiple correlation.
- 9 Write the uses Partial correlation.
- 10 Define Contingency coefficient.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11a. Calculate mean, median and mode for the following scores
25,43,27,43,19,21,35,4,25,40,26.

(or)

b. Describe the measures of variability.

12a. If the distribution of score X is normal with mean 60 and standard deviation 12, find the percentage of scores lying below 42 (table value $z=1.5$ is 43.32).

(or)

b. Describe the properties of normal curve.

13a. Explain the procedure in Testing of Hypothesis.

(or)

b. Write a note on (i) Hypothesis (ii) Types of error.

14a. Compute t ratio

Mean	12.8	13.5
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Std deviation	4.1	4.25
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Sample size	20	25
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(or)

b. Explain the need of ANOVA.

15a. Write a note on Rank Order correlations.

(or)

b. Compute Chi-square for the following data.

Sports	Hockey	Basket ball	Volley Ball
frequency	65	54	51

PART – C (3x10=30)
Answer any Three Questions
All Questions Carry Equal Marks

16 Find out mean and Standard deviation for the given data

C.I	10-15	20-25	30-35	40-45	50-55	60-65
F	4	15	18	13	12	6

17 Define Normal curve and explain the uses of Normal distribution.

18 Calculate t ratio.

Mean	25.8	35.5
------	------	------

Std deviation	2.1	2.2
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Sample size	25	25
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Correlation		0.85
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19 Calculate one way ANOVA for the three independent groups.

Gr I	18	22	20	14	24
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Gr II	26	27	10	19	21
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Gr III	16	23	25	14	17
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20 Write the meaning of correlation. Calculate coefficient of correlation by Pearson Product Moment Method.

X	45	62	73	80	75	64	76	57	61
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Y	40	60	70	60	55	66	55	72	80
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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PST18AE101

M.TECH SPORTS TECHNOLOGY DEGREE EXAMINATION

APRIL 2019

FIRST SEMESTER

RESEARCH METHODOLOGY AND IPR

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. What is research problem?
2. What is analysis?
3. What is ethics?
4. What is plagiarism?
5. What is report writing?
6. What is research proposal?
7. What are patents?
8. What is trade mark?
9. What is creativity?
10. What is geographical indications?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Explain various factors to be considered for maximizing braking speed
(or)
b. state the advantages and disadvantages of different vehicle layouts.
12. a. Explain how correct gear ratios are determined in race vehicles.
(or)
b. Discuss about front and rear lateral acceleration.
13. a. Explain how wheel load mechanism race vehicle
(or)
b. Discuss about disc brakes.
14. a. State various steps to be followed to improve driver performance in race vehicles.
(or)
b. What is coast down test? State its importance.
15. a. Explain about suspension simulation tool in detail
(or)
b. State the importance of simulation tools engine design.

PART – C (3x10=30)

**Answer any Three Questions
All Questions Carry Equal Marks**

16. Explain about brake balance and pedal travel in detail and state its importance.
17. Discuss about hand brake layout with neat sketch
18. What are frequency and modal analysis and explain in detail.
19. Explain the layout of kettering ignition system in SI engine.
20. Explain the functions of pressure and acceleration sensors applied in sports car.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PST18CT202

M.TECH SPORTS TECHNOLOGY DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

MEASUREMENTS AND INSTRUMENTATION IN SPORTS
ENGINEERING

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. What is the Advantages of using the Instruments in Sports?
2. List the applications sports engineering.
3. What is wireless technology?
4. What is signal processing?
5. Define Center of pressure.
6. What is biofeedback?
7. What is EGM?
8. What is kinematic system?
9. List some sports facility for the analysis.
10. List the advantages of hotspot.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Discuss usage of SPSS in sports for analysis.
(or)
b. Write short notes on ANNOVA and REGRESSION.
- 12a. Explain what happens during heel strike.
(or)
b. Discuss what to look for during gait analysis.
- 13a. Explain how Hawk eye plays an important role in decision Making.
(or)
b. Explain the technology behind Hawk Eye.
- 14a. Explain the operational principle of wagon wheel.
(or)
b. Explain the working principle of Snickometer.
- 15a. Discuss the usefulness of video analysis for coaches.
(or)
b. Explain the application of CFD in Sports.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. In detail discuss the role of statistical packages in development of sports.
17. Explain briefly about the techniques, factors and application of gait analysis.
18. In detail discuss the impact of goal line technology in soccer Game.
19. With example explain the technology of hotspots in sports.
20. Elaborate the application of CFD and its importance in sports aerodynamics.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: ST1504

M.TECH SPORTS TECHNOLOGY DEGREE EXAMINATION

APRIL 2019

THIRD SEMESTER

SPORTS EQUIPMENT MATERIALS

Duration: 3 Hours

Max.Marks: 75
(10x2=20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. State the advantages of using Nano glues in sports devices.
2. Why Polymers are applied in sports goods design?
3. State the chemical structure of Poylvnylidene chloride.
4. State few sports applications of Polycarbonate.
5. Write chemical structure of Polybutylene.
6. State the sports applications of Fluoroplastics.
7. What do you understand about Resin Reinforcement?
8. Specify he sports applications of Metal-Alloys.
9. Specify the application role of Nano materials in sports.
10. Why Foams are important in sport industries?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

Answer All Questions
All Questions Carry Equal Marks

11. a. Describe the method of disease examination according to Ayurveda.

(or)

b. Explain the Unique features of Ayurveda.

12. a. Describe about Rakta moksana and Abhyanga.

(or)

b. Explain the ayurveda effect of yogic principles.

13. a. Describe about Kayakalpa.

(or)

b. Explain the principles of Siddha medicine.

14. a. Describe about the treatment by RAYS.

(or)

b. Explain the concept of Naturopathy.

15. a. Describe the effects and benefits about the color therapy.

(or)

b. Explain about acupressure.

PART – C (3x10=30)

Answer ANY THREE questions
All questions carry equal marks

16. Explain the characteristic of different prakritis

17. Describe about the different purification practices according to Ayurveda.

18. Describe about the seven physical constituents according to siddha medicine

19. Explain the various treatments through water according to Naturopathy.

20. Explain the Exercise therapy.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MY17101

M.Sc. YOGA DEGREE EXAMINATION

APRIL 2019

FIRST SEMESTER

FUNDAMENTALS OF YOGA EDUCATION

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Write down the scopes of yoga.
2. What is mimamsa?
3. Who was Vasishtha?
4. Write down two yog sutras.
5. Who was B.K.S.Iyengar?
6. Write down any two preaching's of Sri Aurobindo.
7. Define spirituality.
8. Who were Sufis?
9. Define yantra yoga.
10. Explain the mantra yoga.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

Answer All Questions
All Questions Carry Equal Marks

11. a. Write down the philosophy of yoga.
(or)
b. Explain principles of yoga.
12. a. How many asanas and mudras are there in Gheranda Samhita?
(or)
b. Who wrote Shiva Samhita? Write briefly about the text.
13. a. Write down the contribution of Sri Ramakrishna to yoga.
(or)
b. Briefly explain the contributions of Sivananda to yoga.
14. a. Write down the contribution of Jainism to yoga.
(or)
b. Briefly explain the contributions of Buddhism to yoga.
15. a. Describe the paths of Karma yoga.
(or)
b. What the teachings of Integral school of yoga?

PART – C (3x10=30)

Answer ANY THREE questions
All questions carry equal marks

16. Write down the misconceptions and clarifications of yoga and yoga education.
17. Write down the contributions of Veda and Upanishads towards yoga.
18. Describe the contributions of Swami Vivekananda and Ramana Maharishi to yoga.
19. Discuss the contributions of yoga to Hinduism, Christianity and Islam religion.
20. Explain Astanga yoga in detail.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MY17102

M.Sc. YOGA DEGREE EXAMINATION
APRIL 2019
FIRST SEMESTER
APPLIED ANATOMY AND PHYSIOLOGY

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions
All Questions Carry Equal Marks

1. Write down the functions of a ligament.
2. Define muscle.
3. Explain the mechanism of breathing.
4. Define blood pressure.
5. Draw the structure of skull and label the parts.
6. What do you mean by sympathetic system?
7. Define menopause.
8. Where are the kidneys located?
9. Write two effects of yoga on skin.
10. Draw a neat structure of eyes and label the parts.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Define joint and explain the types of joints illustrate with suitable examples.
(or)
b. Explain the functions of muscular system.
12. a. With proper structure explain the functions of digestive system.
(or)
b. Explain the structure and function of heart and discuss how blood is circulated?
13. a. Write a note on sensory organs and their function.
(or)
b. Explain different types of posture and explain control of posture.
14. a. In brief explain the male reproductive system.
(or)
b. List down any two organs from female reproductive system and explain their functions.
15. a. Discuss the impact of yogic practices on muscles and skin.
(or)
b. Describe the impact of yogic practices on hematological and immune system.

PART – C (3x10=30)

**Answer ANY THREE questions
All questions carry equal marks**

16. Explain different groups of tissues and write their functions
17. What do you understand by endocrine system? List down the hormones secreted by various glands and write down their functions.
18. Describe the structure and functions of nervous system.
19. Explain the structure and function of renal system.
20. Write down the effect of yogic practices on different systems of the body.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MY17103

M.Sc. YOGA DEGREE EXAMINATION

APRIL – 2019

FIRST SEMESTER

METHODS OF YOGIC PRACTICES-I

Duration: 3 Hours

Max. Marks: 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define yoga.
2. List out names of various steps in Surya namaskar.
3. Write down the benefits of Makarasana
4. Write the meaning of Sarvangasana.
5. What is Pratiloma?
6. Define Surya bhedana.
7. What is Kriyas?
8. Define Bandha.
9. What is Japa.
10. Write the benefits of Ajapa japa.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Explain about the loosening the joints.
(or)
b. Write the methods and benefits of simplified physical exercises.
- 12a. Explain about the suptavajrasana.
(or)
b. Describe about the janusirsasana.
- 13a. Meaning, Definition and phases of Pranayama. Explain it.
(or)
b. Explain about the viloma and its benefits.
- 14a. Explain about moola bandha and its Benefits.
(or)
b. Describe about benefits of uddiyana bandha.
- 15a. Explain about benefits on breathing meditations.
(or)
b. Explain about OM meditations.

PART – C

(3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Explain about various steps in vinyasa Suryanamaskar and its benefits.
17. Explain the physiological benefits of urdhva dhanurasana and kandharasana.
18. Describe about the anuloma and viloma benefits.
19. Explain methods of laghoo shankhprakashalana and its benefits.
20. Explain about pranav japa mind sound recommend.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MY17303

M.Sc. YOGA DEGREE EXAMINATION

APRIL - 2019

THIRD SEMESTER

METHODS OF YOGIC PRACTICES-III

Duration: 3 Hours

Max. Marks: 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Write down any two benefits of Surya Namaskar.
2. List out the various steps names of Chandra nasmaskar.
3. Write the meaning of chakrasana.
4. Write the benefits of virabhadrasana.
5. Define pranayama.
6. What is kriyas?
7. Write down benefits of linga mudra.
8. What is mudra?
9. Define walking meditation.
10. What is meditation?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MY17304A

M.Sc. YOGA DEGREE EXAMINATION

APRIL – 2019

THIRD SEMESTER

COMPUTER APPLICATIONS IN YOGA

Duration: 3 Hours

Max. Marks: 75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define of computer.
2. What is output?
3. How to use the deleting?
4. Write about Microsoft word.
5. How to prepare the score sheet in MS- Excel?
6. What is status bar?
7. How to prepare the MS- power point?
8. Write about Microsoft power point.
9. What is draft?
10. Write about E-Mail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11.a. Explain about basic parts of computer.
(or)
b. Explain about input and output
- 12.a. Describe about standard tool bar in MS-Word
(or)
b. How to check spelling and grammar in MS-Word?
- 13.a. Explain about formatting editing and deleting in MS-Excel.
(or)
b. How to creating documents and saving in MS-Excel?
- 14.a. How will use picture from file background designing?
(or)
b. How to open a ppt file and saving?
- 15.a. Explain about history of computer.
(or)
b. Explain the following.
a) Inbox b) Outbox c) sent items.

PART – C

(3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Explain about comparison of human being and computer.
17. How to use format editing features MS word and design?
18. Explain need of MS excel in analysis of data in yoga.
19. Explain the preparation of power point presentation.
20. Describe about role of computer in teaching the techniques.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MY17401

M.Sc. YOGA DEGREE EXAMINATION
APRIL 2019
FOURTH SEMESTER
PATHANJALI'S YOGA SUTRAS AND THIRUMOLAR'S
THIRUMANDIRAM

Duration: 3 Hours

Max.Marks:75

PART - A

(10x2= 20)

Answer All Questions
All Questions Carry Equal Marks

1. Date of yoga sutras
2. Basis of yoga sutras
3. Kriya yoga
4. Pratyahara
5. Dharana
6. Dhyana
7. Karma
8. How to overcome Karma?
9. Iyama
10. Niyama



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

Answer All Questions
All Questions Carry Equal Marks

11. a. List down the obstacles in the path of yoga.
(or)
b. How will you remove the obstacles in the path of yoga?
12. a. Explain the eight limits of yoga.
(or)
b. Explain on Klesha.
13. a. Dharana –Explain.
(or)
b. Explain on Samadhi.
14. a. Explain on kaivalya pada.
(or)
b. Explain the fruits of eight limited yoga.
15. a. Explain the eight great Siddhis.
(or)
b. Explain learning and non learning.

PART – C (3x10=30)

Answer ANY THREE questions
All questions carry equal marks

16. Describe the Patanjali's concepts on Mind
17. Describe Sadhana pada.
18. Describe the psychic powers.
19. Describe Kaivalya.
20. Describe Thirumoolar's Astanga yoga.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MY17402

M.Sc. YOGA DEGREE EXAMINATION

APRIL 2019

FOURTH SEMESTER

INDIAN TRADITIONAL SYSTEM OF MEDICINE AND THERAPIES

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Ayurveda
2. Who Charaka Samihita?
3. Define Virechana
4. What is Nasayam?
5. Define Biological humor
6. What do you mean by Siddha medicine
7. Define Fasting
8. Define Massgae
9. What is Acupunture?
10. Define Reiki



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: MY17403

M.Sc. YOGA DEGREE EXAMINATION
APRIL 2019
FOURTH SEMESTER
METHODS OF YOGIC PRACTICES IV

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions
All Questions Carry Equal Marks

1. Breathing in Yogasanas
2. Advanced Suryanamaskar
3. Bhekasana
4. Parivriti Janusirshasana
5. Kervali Pranayama
6. Ujjayi Pranayama
7. Chin mudra
8. Shambhavi Mudra
9. Guided Meditation
10. Types of meditation



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PYT18CT102

M.Sc. YOGA THERAPY DEGREE EXAMINATION

APRIL 2019

FIRST SEMESTER

FUNCTIONAL ANATOMY AND PHYSIOLOGY

Duration: 3 Hours

Max. Marks: 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

Define the following terms

1. Physiology
2. Compound Joint
3. Systolic Blood Pressure
4. Cellular respiration
5. Taste Buds
6. Hormones
7. Ideal Posture
8. Menopause
9. Locomotor system
10. Anabolism



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

Answer All Questions All Questions Carry Equal Marks

11. a. Enumerate the functions of epithelial tissue in detail.
(Or)
b. Classify Joint and write down the characteristics of fibrous and synovial joints.
12. a. Explain the structure and functions of Heart in detail with a neat diagram.
(Or)
b. Enlist the functions of hormones secreted by Anterior Pituitary gland.
13. a. Explain the structure and function of Cerebrum in detail.
(Or)
b. Compare and contrast good and poor posture.
14. a. Enlist the structures of Urinary system and its functions in detail.
(Or)
b. Describe the structure of male reproductive system in detail.
15. a. Explain the impact of yogic practices on Hematological system in detail.
(Or)
b. Explain the importance of yogic practices on nervous system

PART – C (3x10=30)

Answer ANY THREE questions All questions carry equal marks

16. Draw a labeled diagram of Human cell and explain the functions of any three cell organelles.
17. Draw a labeled diagram of respiratory tract and explain the muscles of respiration in detail.
18. Explain the functions of sympathetic and parasympathetic nervous system in detail.
19. Discuss the concept of Urine formation in detail.
20. Explain the beneficial effects of yogic practices on Endocrine system.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PYT18CT103

M.Sc. YOGA THERAPY DEGREE EXAMINATION

APRIL 2019

FIRST SEMESTER

BASIC PRINCIPLES OF YOGA THERAPY

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Hetu
2. Upayam
3. Sparsana
4. Prasna
5. Langhana
6. Samana
7. kal
8. Sakti
9. Hydro therapy
10. Mangeto therapy



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PYT18CT201

**M.Sc. YOGA THERAPY DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER
YOGA THERAPY AND PSYCHOLOGY**

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Psychology.
2. Define Yoga therapy.
3. Write the age group of early and late childhood.
4. What you mean by infancy?
5. What is Gunas?
6. Write about Nadis.
7. What is a divine virtue?
8. What is spirituality?
9. Write any four preventive measures for smoking?
10. What is Gambling?



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PYT18GE201

M.Sc. YOGA THERAPY DEGREE EXAMINATION

APRIL 2019

SECOND SEMESTER

HEALTH PSYCHOLOGY

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Health psychology
2. What is Immune system?
3. Write any four preventive measures for Alcohol Abuse
4. Write any four reasons for smoking
5. Write any four healthy services provided by the Government
6. What you mean by Hospital?
7. Write any four Psychological reactions of a patient to loss
8. Define Stress
9. Write any four principles of Yoga?
10. What is social support?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Relate health psychology into other related fields.
(or)
b. Write about respiratory system.
12. a. Briefly explain the Reasons for Alcohol and Drug Abuse.
(or)
b. Explain Weight control and diet.
13. a. Write a note on patient and practitioner relationship.
(or)
b. Write the important of adhering medical advice.
14. a. Briefly explain different stress management techniques.
(or)
b. Write notes on pain and its management.
15. a. Explain the different factors for Quality of Life.
(or)
b. Explain the management of chronic and terminally ill patient.

PART – C (3x10=30)

**Answer ANY THREE questions
All questions carry equal marks**

16. Describe the role of cardiovascular and endocrine system in our health.
17. Critically examine the role of nutrition and exercise on our health.
18. Explain Being Hospitalized, Using and Misusing Health services.
19. Explain the Stages of Grief by Kubler-Ross modal of dying.
20. Discuss the Role of Indian Treatment into Health Management.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PYT18SE201

**M.Sc. YOGA THERAPY DEGREE EXAMINATION
APRIL 2019
SECOND SEMESTER
COMPUTER APPLICATIONS**

Duration: 3 Hours

Max.Marks:75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is the use of RAM?
2. What is computer?
3. What is copying and saving in MS word?
4. What is the need of MS word?
5. What is spread sheet?
6. What is status bar in MS Excel?
7. What are the uses of PPT?
8. What is background design?
9. List the uses of email.
10. What is literature collection?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)

Answer All Questions
All Questions Carry Equal Marks

11. a. Discuss about the Main frame and super computers.
(or)
b. Discuss the important parts of computer.
12. a. Discuss the role of MS Word organisations.
(or)
b. Write short notes on 1) editing and deleting in MS Word.
13. a. Discuss about the statistical usage of MS Excel.
(or)
b. Discuss the importance of MS Excel.
14. a. Discuss the uses of Power point for students.
(or)
b. Explain the different techniques used in power point presentation.
15. a. Explain about search engines.
(or)
b. Explain about the uses of internet.

PART – C (3x10=30)

Answer ANY THREE questions.
All questions carry equal marks

16. Discuss the input and output devices in computers.
17. List the procedure for preparation of advertisement using MS Word.
18. Discuss the procedure for preparation of table using MS Excel.
19. Explain the procedure for preparation of PPT for a conference.
20. Discuss the role of computer in educating yoga.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**M.Sc (EP&N) DEGREE EXAMINATION
NOVEMBER - 2018
MUSCLE AND EXERCISE METABOLISM**

Time - 3 hrs

Total Marks - 75

PART -A 10 x 2 = 20

Answer all Questions

All Questions carry equal marks

1. Define Metabolism.
2. Define Energy.
3. What is Insulin?
4. What is Cortisol?
5. Define fatigue.
6. Define Oxygen Deficit.
7. What is Absolute VO₂?
8. What is MET?
9. 1mph = how many meters per minute?
10. What is Net VO₂?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B **5x5 =25**
Answer all the Questions
All Questions carry equal marks

11. a. Explain Anaerobic Metabolism.
(or)
b. Explain Fat Oxidation .
12. a. Explain the role Catecholamines in regulating energy metabolism.
(or)
b. Explain the role of Glucagon in regulating energy metabolism.
13. a. Explain the factors contributing excess post exercise oxygen consumption.
(or)
b. Explain Lactate Threshold.
14. a. Write the Conversion factors used in metabolic calculation.
(or)
b. Write the ACSM Running/ Jogging equation.
- 15.a. Writ short notes on the importance of metabolic calculation.
(or)
b. Write the ACSM Leg ergo meter equation.

PART – C **10x3 =30**
Answer all the Questions
All Questions carry equal marks

16. Explain Aerobic Metabolism.
17. Explain the factors which are necessary to regulate the Energy Metabolism.
18. Explain the Anaerobic and Aerobic metabolic adaptation to training.
19. Explain the different metabolic calculation in detail.
20. Explain the different metabolic equations in detail.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PSM18CT103

**MBA SPORTS MANAGEMENT DEGREE EXAMINATION
NOVEMBER – 2018**

FIRST SEMESTER

BUSINESS LAW

Time: 3 Hours

Max Marks = 75

PART – A (10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Contract.
2. What is a void contract?
3. Define Partnership?
4. Describe Partnership Deed.
5. Who is an incoming partner?
6. What is a negotiable instrument?
7. What is meant by bailment?
8. Describe private company.
9. What is meant by Memorandum of Association?
10. Write a short note on Consumerism.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: PSM18CT103

**MBA SPORTS MANAGEMENT DEGREE EXAMINATION
NOVEMBER – 2018**

FIRST SEMESTER

BUSINESS LAW

Time: 3 Hours

Max Marks = 75

PART – A (10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Contract.
2. What is a void contract?
3. Define Partnership?
4. Describe Partnership Deed.
5. Who is an incoming partner?
6. What is a negotiable instrument?
7. What is meant by bailment?
8. Describe private company.
9. What is meant by Memorandum of Association?
10. Write a short note on Consumerism.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

M.B.A, Sports Management
MANAGEMENT ACCOUNTING

Time: 3 hrs

Max Marks: 75 marks

Answer ALL the Questions

Part A (10 x 2 = 20 marks)

1. What is Real Account?
2. What do you mean by tangible assets?
3. Write down the formula for Current Ratio.
4. Give the example for Financial Statement.
5. Write a note on Average Cost.
6. What is P/V ratio?
7. Give the meaning of Contribution.
8. What is a Budget?
9. Write a note on Cost Variance.
10. What is Standard Cost?

Part B (5 x 5 = 25 marks)

11. a) From the following assets side of the Balance sheet for the year ended 31.12.98 & 31.12.99. Prepare a Comparative Balance sheet for 1998 & 1999.

(Rs in Lakhs)

Assets	1998	1999
Cash	160	190
Debtors	290	350
Stock	350	400
Building	450	420
Machinery	450	380
Other Fixed Assets	200	260
Total	1900	2000

(OR)

- b) What is the Significance of preparing a Trial Balance?

12. a) Describe in detail any two Ratio Analysis techniques.

(OR)

- b) You are given the following information.

Particulars	Amount(Rs)
Cash	25,000
Debtors	1,60,000
Closing Stock	2,10,000
Bills Payable	30,000
Creditors	45,000
Outstanding Expenses	12,000
Tax Payable	50,000

Calculate i) Current Ratio

ii) Liquid Ratio

13. a) Explain the purpose of preparing a Budget.

(OR)

- b) Discuss the types of Budgets.

14. a) A manufacturer sells his product at Rs 30 each. The Variable cost is Rs 22 per unit, Fixed cost is Rs 2,30,000. Calculate the BEP in Units.

(OR)

- b) Describe in detail Cost- Volume- Profit Analysis.

15. a) Distinguish Between Standard Cost and Actual Cost.

(OR)

- b) Write a note on Flexible Budget.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.P.Ed DEGREE EXAMINATION - NOVEMBER 2018
SECOND SEMESTER**

SPORTS TRAINING

Duration: 3 Hours

Max.Marks : 75

PART - A (10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define sports training.
2. Define warming up.
3. Define strength.
4. Define speed.
5. Define endurance.
6. Write the meaning of sports training.
7. What is the importance of warming up?
8. What are the types of strength?
9. What are the types of speed?
10. What are the types of endurance?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

B.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
FIRST SEMESTER**

ENVIROMENTAL AND GENDER STUDIES

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define environmental studies.
2. What is plastic recycling?
3. Describe water resources.
4. Discuss the thermal pollution.
5. What is mitigation?
6. Define pollution.
7. Write down the socialization.
8. Describe gender.
9. Write about the household work in women.
10. What are feminist thoughts?



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code B15203

B.P.Ed DEGREE EXAMINATION-NOVEMBER - 2018

SECOND SEMESTER
THEORIES OF SPORTS AND GAMES, COACHING AND
OFFICIATING – PART I

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

Answer All Questions
All Questions Carry Equal Marks

- 1 What is meant by lona in kabaddi?
- 2 What is meant by receding in kho-kho?
- 3 What is meant by Nelson eye in cricket?
- 4 What is meant by diagonal excess distance in track?
- 5 Write down the running distances in cross country.
- 6 Define stagger.
- 7 Differentiate CDR and RDR
- 8 Write down the total number of players in volleyball and basketball.
- 9 What is the weight of the hurdle?
- 10 Write down the dimension of take-off board in long jump.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15302

B.P.Ed DEGREE EXAMINATION, NOVEMBER- 2018

THIRD SEMESTER

RESEARCH AND STATISTICS IN PHYSICAL EDUCATION

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A

Answer All Questions

All Questions Carry Equal Marks

(10x2= 20)

1. Define Research.
2. What is basic research?
3. Define hypothesis.
4. What is experimental research?
5. What is abstract?
6. What are to be included in the front materials?
7. Write the meaning of statistics.
8. Calculate mean from the following data
210,225,205,245,215
9. What is histogram?
10. What is hull scale?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15304B

B.P.Ed DEGREE EXAMINATION, NOVEMBER- 2018

THIRD SEMESTER

CONTEMPORARY ISSUES IN PHYSICAL EDUCATION FITNESS
AND WELLNESS

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is meant Wellness.
2. Define physical fitness.
3. What is an aerobic?
4. What is Hypokinetic
5. What is meant heart rate zone?
6. What is set?
7. Define safety education?
8. Define first aid
9. Define sports nutrition
10. Define protein



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a) Write the concept of physical education and fitness
(Or)
b) Write the Scope of fitness
12. a) Write about the modern life style and how it affects our health
(Or)
b) Explain the physical activity and its health benefits.
13. a) List down aerobic exercises for fitness
(or)
b) How to develop the fitness
14. a) Write about the prevention of the hypokew diseases?
(Or)
b) Write about the safety education
15. a) Write the role of vitamin.
(or)
b) Explain about the supplement clies for spats onces

PART – C

(3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Describe the importance and scope of fitness and wellness
17. Explain the types of fineness
18. Design a model training programme for fitness
19. Explain the team first – aid and its benefits.
20. Describe the pre and post meal benefits for sports man

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: B15304A

B.P.Ed DEGREE EXAMINATION, NOVEMBER- 2018

THIRD SEMESTER

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Basic Nutrition.
2. Mention any two nutritional foods
3. Define Protein.
4. Write any two benefits of vitamin.
5. Define overweight?
6. Expand BMI.
7. Mention any two obesity hazard.
8. Write any two health risk obesity.
9. Define calorie.
10. What is diet plan?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code B15404A

B.P.Ed DEGREE EXAMINATION - NOVEMBER 2018

FOURTH SEMESTER

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Write any two objective of Sports Medicine.
2. Name any two common sports injury
3. What is Physiotherapy
4. Name any four Electrotherapy Modality.
5. Define Sauna Bath.
6. Write any two effects of massage on Muscular system.
7. What are the various types of passive movements
8. Write about any two Neck exercise.
9. Define sun Stroke.
10. Write any two symptoms of fracture.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: BE103

BPE DEGREE EXAMINATION, Nov- 2018

SEMESTER

Subject: Science of Yoga

Duration: 3 Hours

Max. Marks: 75 Marks

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

- 1 Meaning of yoga.
- 2 Scope of yoga
- 3 Define physical Education
- 4 List any five loosing exercise.
- 5 Define asana.
- 6 Define pranayama.
- 7 Breath practices.
- 8 Define meditation
- 9 Define kapalabhati.
- 10 Define kriya



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the importance and benefits of asana.
- (or)
- b. Discuss the concept of yogic practices.
- 12a. Explain how yoga controls psychological qualities of an athlete?
- (or)
- b. Write the Relationship between Yoga and Physical Education
- 13a. Describe the uses of kapalbhati.
- (or)
- b. Explain the types of asanas.
- 14a. List down the benefits of meditation.
- (or)
- b. Explain the therapeutical values pranayama.
- 15a. Explain how to perform Bhasti
- (or)
- b. Explain how to perform Dhauti .

PART – C (3x10=30)

Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the psychological effects of Astanga yoga.
17. Write the physiological benefits of yoga on various systems of human body.
18. Explain the techniques and benefits of pranayama
19. Describe the importance of meditation in day to day life.
20. Discuss the techniques and benefits of bandhas

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No.:

Subject Code:05501

**B.P.E. DEGREE EXAMINATION
NOVEMBER-2018
FIFTH SEMESTER**

CARE AND PREVENTION OF SPORTS TRAUMA

Duration: 3 Hours

Total Marks -75

PART-A (10X2=20)
Answer ALL questions
All Questions Carry Equal Marks

1. Define corrective physical education.
2. What is meant by posture?
3. Define the term lordosis.
4. State any two indications of massage.
5. What is called Percussion manipulation?
6. Write any two psychological effects of massage.
7. What is meant by infra red rays?
8. Write a note on shaking manipulation.
9. Define the term 'rehabilitation'.
10. Write short note on flat back.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5 x 5 = 25)

Answer ALL questions

All Questions Carry Equal Marks

11. a) Enumerate the kyphosis in postural deformities.
(Or)
b) Briefly explain the values of good posture.
12. a) Enumerate the history of massage.
(Or)
b) Massage as an aid for relaxation - Discuss.
13. a) Elucidate the techniques of Strapping and Bandages.
(Or)
b) Explain the principles of applying cold and heat in treatment.
14. a) Write down the physiological effects of massage.
(Or)
b) Enumerate the normal curve of a spine and its utility
15. a) Elucidate scoliosis deformities in detail.
(Or)
b) Briefly explain about round shoulder.

PART - C (3 x 10 = 30)

Answer Any Three questions

All Questions Carry Equal Marks

16. Explain the standards of standing posture and causes of bad posture.
17. Enumerate the principles pertaining to the prevention of sports injuries.
18. Explain different exercises in rehabilitation.
19. Elucidate the classification of massage in detail.
20. Differentiate the exposed and unexposed injuries.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
SECOND SEMESTER**

**APPLIED STATISTICS IN PHYSICAL EDUCATION AND
SPORTS**

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define - Statistics
2. Data - Define
3. Find mode - 2, 3, 4, 5, 5, 6, 2.
4. Measures of Central Tendency
5. What is T-scale?
6. Range-Define.
7. What is normal curve?
8. Histogram
9. Level of confidence
10. Expand ANOVA & ANCOVA



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code M15101

M.P.Ed DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

**RESEARCH PROCESS IN PHYSICAL EDUCATION AND
SPORTS SCIENCE**

DURATION: 3 HOURS

MAX. MARKS : 75

Part -A

(10X2=20)

Answer All Questions

All Question Carry Equal Marks

1. Write shorts notes on Research.
2. Classify the research based on their nature.
3. List down the Methods of research.
4. Differentiate internal criticism from external criticism.
5. Define hypothesis.
6. State types of variables involved in the experimental research.
7. What do you know about samples?
8. Mention the types of sampling.
9. Write down different chapters in thesis.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
SECOND SEMESTER**

**APPLIED STATISTICS IN PHYSICAL EDUCATION AND
SPORTS**

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define - Statistics
2. Data - Define
3. Find mode - 2, 3, 4, 5, 5, 6, 2.
4. Measures of Central Tendency
5. What is T-scale?
6. Range-Define.
7. What is normal curve?
8. Histogram
9. Level of confidence
10. Expand ANOVA & ANCOVA



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
SECOND SEMESTER**

HEALTH EDUCATION AND SPORTS NUTRITION

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Health.
2. Write short notes on Personal Hygiene.
3. Write the meaning of Malnutrition.
4. What is the meaning of Obesity?
5. Define Balance Diet.
6. Write the meaning of Hypertension.
7. Define Sports Nutrition.
8. What is the meaning of Proteins?
9. Write short notes on Healthy Life Style.
10. What you mean by weight Management?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Write short notes on dimensions of Health Education.
(or)
- b. Write short notes on Recreation.
- 12a. Explain the care of skin and nails.
(or)
- b. Role of Health Education in School Health Service.
- 13a. Write short notes on Dental Hygiene.
(or)
- b. Explain the management of obesity.
- 14a. Misuse of Drugs in Sports – Explain.
(or)
- b. Explain Chief Minister's Mid day meals Scheme.
- 15a. What is the meaning of BMI ?
(or)
- b. Describe the meaning of weight gain.

PART – C (3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Explain the Guiding Principles of Health and Health Education.
17. Describe the signs, symptoms and prevention of Malaria and Small Pox.
18. Explain the effect of Alcohol and Tobacco on Health.
19. Sports Nutrition – Explain.
20. Prepare the weight management program for sporty child.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
SECOND SEMESTER**

SPORTS JOURNALISM AND MASS MEDIA

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Sports Bulletin.
2. New agencies.
3. Define mass media.
4. List out any two sports magazine in India.
5. Editing.
6. Sports Photography.
7. Define press meet.
8. Write any four sports.
9. Define Indian Traditional game.
10. Name the equipment for sports photography.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code: M15302

M.P.Ed DEGREE EXAMINATION - NOVEMBER 2018

THIRD SEMESTER

PHYSIOLOGY EXERCISE

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Muscle Tone.
2. Actin and myosin.
3. Stroke Volume.
4. Cardiac Hypertrophy.
5. Ventilation.
6. Oxygen Debt.
7. Metabolism.
8. Bioenergetics.
9. Beta Blocker.
10. Amphetamines.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject code: M15304A

M.P.Ed DEGREE EXAMINATION - NOVEMBER
2018

THIRD SEMESTER
SPORTS ENGINEERING

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)

Answer All Questions
All Questions Carry Equal Marks

1. Define kinetics.
2. Define Sports engineering.
3. Name two methods to detect the human motion.
4. What is life style costing?
5. Define mechanics.
6. Define taxation.
7. Define posture.
8. What do you mean by echo – free?
9. Define play park.
10. Define gait.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
FOURTH SEMESTER**

VALUE AND ENVIRONMENTAL EDUCATION
Duration: 3 Hours Max.Marks : 75

PART - A (10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is 'Value'?
2. What is 'Religion'?
3. What is social harmony?
4. Define 'Learning'.
5. List down four concept of environment.
6. Define 'Mental health'.
7. Write any two role of school environmental conservation.
8. What is plastic recycling?
9. Define hygiene.
10. Mention any two importance of environmental studies.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.P.Ed DEGREE EXAMINATION

**NOVEMBER - 2018
FOURTH SEMESTER**

**SPORTS MANAGEMENT AND CURRICULUM DESIGN IN
PHYSICAL EDUCATION**

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define sports management.
2. Mention the names of the objective of personal management
3. Define the term "personnel".
4. Mention the names of management guidelines for school.
5. What is equipment room?
6. Mention the names of principles of public relation.
7. Define curriculum.
8. What is idealism?
9. What is internet?
10. Briefly explain the term "curriculum research".



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code PPE18CT102

M.P.Ed DEGREE EXAMINATION - NOVEMBER 2018
FIRST SEMESTER

YOGIC SCIENCES

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

Answer All Questions
All Questions Carry Equal Marks

1. Write down the types asanas.
2. What is meant by pranayama?
3. What is meant by shat kriyas?
4. List down the names of all shat kriyas.
5. Write down the meaning of Mudra.
6. What is meant by Hasta mudra?
7. What is meant by Stress?
8. What do you mean by depression?
9. Write down any two sports injuries.
10. What do you mean by yogic diet?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject Code: PPE18DE001

M.P.Ed. DEGREE EXAMINATION - NOVEMBER 2018

FIRST SEMESTER

PHYSICAL FITNESS AND WELLNESS

Duration: 3 hours

Max.Marks:75

PART-A

(10x2=20)

Answer All questions

All questions carry equal marks

1. Meaning of Physical Fitness?
2. Write the components of physical fitness?
3. What is eating disorder?
4. Define nutrition?
5. What is muscular endurance?
6. What is wellness?
7. Define muscular flexibility?
8. Write any four aerobic exercises?
9. What is flexibility?
10. Define Yoga?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code MSSIP17203

M.SC PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER 2018

SECOND SEMESTER

BEHAVIORAL STATISTICS AND COMPUTER APPLICATIONS

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

- 1 Define data.
- 2 Calculate mean for the following scores.
32,15,18,19,20,10,14,18.
- 3 Write down the other names of normal curve.
- 4 What is Standard Normal curve?
- 5 Define Level of Significance.
- 6 List any two uses of t test.
- 7 Expand SPSS.
- 8 Define syntax in SPSS.
- 9 Write the uses Partial correlation.
- 10 Define Contingency coefficient.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MS17301

M.Sc SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

FUNDAMENTALS OF COUNSELING SKILLS

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Counseling.
2. Counselor.
3. Eclectic Approach.
4. Counseling Ethics.
5. Counseling Interview.
6. Trauma Counseling.
7. Professional Preparation.
8. Career Guidance.
9. Group Process.
10. Counseling Skills.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B
Answer All Questions
All Questions Carry Equal Marks

(5x5= 25)

- 11a. Discuss the goals and development of counseling.
(or)
b. Explain the characteristics of effective counselor.
- 12a. Differentiate between directive and non-directive counseling.
(or)
b. Discuss the legal concerns of counselor.
- 13a. Discuss the techniques of Counseling interview.
(or)
b. How would you counsel the special population.
- 14a. How would you describe counseling as a profession.
(or)
b. Discuss the functions of a counselor.
- 15a. Explain the values of group counseling.
(or)
b. Discuss the issues in group counseling.

PART – C
Answer Any THREE Questions
All Questions Carry Equal Marks

(3x10=30)

16. Discuss the steps involved in counseling process.
17. Discuss any three theories of counseling.
18. How would you avoid choking among athletes.
19. Discuss transference and counter-transference in counseling.
20. Discuss Egan's model of counseling.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MP17301

M. SC PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

ADVANCED SOCIAL PSYCHOLOGY

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Social Psychology.
2. Experimental Social Psychology.
3. Social Cognition.
4. Diverse Identity.
5. Interpersonal attraction.
6. Affiliation Need.
7. Peace making.
8. Genocide.
9. Cross culture.
10. Ethnic minority.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the growth and current status of social psychology.
(or)
b. Discuss the ethical issues in social psychological research.
- 12a. Discuss the theories of attribution.
(or)
b. Explain the techniques of persuasion and propaganda.
13. a Explain the role of interpersonal attraction in social psychology.
(or)
b. Explain the beginning of attraction proximity and emotions.
- 14.a. Explain the theories of Aggression.
(or)
b. Explain terrorism.
- 15a. Discuss social psychological perspectives on health and illness.
(or)
b. Discuss Individualistic vs collectivistic culture.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the emerging alternative methods in social psychology.
17. Explain the theories of inter group relations.
18. Discuss why and when should we increase helping behavior.
19. Explain conflict and peace-making conflict.
20. Discuss the application of social psychology to sports and military.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MS17302

M. Sc SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

PSYCHOLOGY OF ATHLETIC INJURY AND REHABILITATION

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Sports Injury.
2. Rehabilitation.
3. Stress Response.
4. Mental state.
5. Cognitive Appraisal.
6. Grief.
7. Burn out.
8. Pain.
9. Healing Process.
10. Visualization.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Discuss the causes of sports injury.
(or)
b. How would you develop psychological susceptibility to injury?
- 12a. Discuss stress and injury model.
(or)
b. Discuss how you would collect the stress history of the athlete.
- 13a. Discuss the psychological responses to injury.
(or)
b. Explain the integrated model of psychological response to sports injury.
- 14a. Discuss the psychological issues of injuries.
(or)
b. Discuss pain measurement and pain mediation.
- 15a. Explain injury and healing process in injury management.
(or)
b. Discuss mindfulness in sports.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

1. Discuss the types of rehabilitation and rehabilitation for athletes.
2. Discuss the antecedents of sports injury.
3. Explain a bio-psycho-social model of sports injury rehabilitation.
4. Discuss the psychological implications of long term rehabilitation for athletes.
5. Discuss psychological intervention in sports injury.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MP17302

M.Sc. PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER -2018

THIRD SEMESTER

GUIDANCE AND COUNSELLING

Duration: 3 Hours

Max. Marks: 75 Marks

PART – A

Answer All Questions

(10x2= 20)

All Questions Carry Equal Marks

1. Differentiate Guidance and counselling.
2. Write any four types of guidance.
3. What is gestalt approach?
4. What is trait factor?
5. Write any four advantages of individual counselling?
6. What is group counselling?
7. What is ethics?
8. Write any four legal issues in counselling.
9. Write any four special population in counselling.
10. Expand NLP.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. List out the characteristics of counsellor.
(or)
- b. Explain the different goals of counselling.
- 12a. Write notes on behavioural and eclectic counselling.
(or)
- b. Make notes on applied areas of multicultural counselling.
- 13a. Explain the definitions and functions of group guidance
(or)
- b. Explain group therapy.
- 14a. Give detail notes on counselling in India.
(or)
- b. Give notes on counselling relationship.
- 15a. Write the diversity issues in counselling.
(or)
- b. Explain Global and trauma counselling.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Describe different counselling types and counselling process.
17. Explain psychodynamic and cognitive approach counselling.
18. Make a notes on issues and functions of individual and group Counselling.
19. Write an essay on components and facilitative conditioning of counselling.
20. Describe the current trends in counselling.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MS17303

M.Sc. SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER -2018

FIRST SEMESTER

PSYCHOLOGICAL PREPARATION AND MENTAL SKILLS
TRAINING

Duration: 3 Hours

Max. Marks: 75
(10x2= 20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define mental toughness.
2. What is self-confidence?
3. Write the meaning of hypnosis.
4. Define stress.
5. Write any two breathing exercise.
6. Define biofeedback.
7. What is arousal?
8. What is mental imagery?
9. What is self-efficacy?
10. What is emotion?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain self-confidence and coping with pressures.
(or)
b. Briefly explain the different Pillars of mental toughness.
- 12a. Explain self-inoculation training.
(or)
b. List out the different stress management strategies.
- 13a. Explain autogenic training.
(or)
b. Explain Transcended training.
- 14a. List out the different self-talk procedure.
(or)
b. Explain the role of mental imagery on visualization.
- 15a. Explain coping effectiveness and coping self-efficacy.
(or)
b. Explain problem and emotion focused coping.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Mental toughness is multidimensional – Discuss.
17. Describe the stress management coping strategies.
18. Write an essay on progressive muscle relaxation.
19. Efficient arousal, mental imagery and visualization improves sports performance- Justify.
20. Describe psychological skills training (PST).

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:MP17303

M.Sc PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

TRAINING AND DEVELOPMENT

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Training.
2. Human Relations.
3. Need Analysis.
4. Training Assessment.
5. Training Design.
6. Training Methods.
7. Creativity.
8. Leadership.
9. Return on Investment.
10. Career management.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B
Answer All Questions
All Questions Carry Equal Marks

(5x5=25)

- 11a. Discuss how training as a part of HR functions.
(or)
b. Discuss the objectives of training.
- 12a. Describe the ways to identify training needs.
(or)
b. Explain the issues in developing training.
- 13a. Discuss the elements in delivering training.
(or)
b. Explain E training.
- 14a. Explain what is leadership feedbacks.
(or)
b. Discuss cross cultural training and diversity training.
- 15a. Discuss the special issues in training and development.
(or)
b. Explain Competency Mapping.

PART – C
Answer Any THREE Questions
All Questions Carry Equal Marks

(3x10=30)

16. Discuss the process of training in training program.
17. How would you assess training needs.
18. Discuss the techniques and methods of training.
19. How would you develop need based training module.
20. Explain the need for training evaluation.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MS17304

M.Sc. SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER -2018

THIRD SEMESTER
ATHLETIC PSYCHOPATHOLOGY

Duration: 3 Hours

Max.Marks: 75
(10x2=20)

PART - A

**Answer All Questions
All Questions Carry Equal Marks**

1. Abnormal Behavior.
2. Normality.
3. Maladaptive Behavior.
4. Anxiety Disorder.
5. Illness.
6. Psychophysiological disorders.
7. Recurrent Depression.
8. Phobia.
9. Substance Abuse.
10. Sleep Disorder.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B
Answer All Questions
All Questions Carry Equal Marks

(5x5= 25)

- 11a. Explain Adaptive and Maladaptive Behavior.
(or)
b. Discuss various mental health specialties.
- 12a. Discuss psychotic disorders.
(or)
b. Explain Somatoform and Dissociative Disorder.
13. a Explain Rheumatoid arthritis.
(or)
b. Explain the theories of personality.
- 14.a. Explain bipolar affective disorders.
(or)
b. Explain the anxiety disorders.
- 15a. What is adjustment disorder and Explain Impulsive Control disorder.
(or)
b. Discuss Gender Identity Disorders.

PART – C
Answer Any THREE Questions
All Questions Carry Equal Marks

(3x10=30)

16. Discuss the perspectives of athletic psychopathology.
17. Explain DSM V and ICD 10.
18. Discuss genito-urinary disorders.
19. Explain Phobic Disorders.
20. Discuss Doping in sports.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:MP17304

M.Sc PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

PSYCHOPATHOLOGY - II

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Delusion.
2. Bizarre behavior.
3. Neuroses.
4. Fear.
5. Schizoid personality disorder.
6. Narcissism.
7. Moods.
8. Depression.
9. Scholastic skills.
10. Etiology.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Discuss the positive symptoms of schizophrenia.
(or)
b. Explain therapeutic approaches to treat schizophrenia.
- 12a. Discuss the difference between normal anxiety and neurotic anxiety.
(or)
b. Explain mental conflicts and frustration.
13. a Explain the characteristics of paranoid disorder.
(or)
b. Explain OCD.
- 14.a. Discuss the types of mood disorders.
(or)
b. How would you treat Mood disorder?
- 15a. Explain Mental Retardation.
(or)
Explain Pervasive developmental disorders.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the major subtypes of Schizophrenia.
17. Discuss the various anxiety Neuroses and its causes.
18. Explain antisocial disorders.
19. Discuss the theoretical perspectives of Depression.
20. Explain Behavior and Emotional Disorders.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSP18CT101

M. SC SPORTS PSYCHOLOGY DEGREE EXAMINATION,

NOVEMBER – 2018

FIRST SEMESTER

ADVANCED GENERAL PSYCHOLOGY

Duration: 3 Hours

Max.Marks: 75 Marks

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Case History.
2. Developmental Psychology.
3. Perception.
4. Sensation.
5. Reinforcement.
6. Learning.
7. Intelligence.
8. Creativity.
9. Motives.
10. Psychometry.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B
Answer All Questions
All Questions Carry Equal Marks

(5x5=25)

- 11a. Discuss the goals of Psychology.
(or)
b. Explain the methods of Psychology.
- 12a. Discuss the general characteristics of the senses.
(or)
b. Explain the determinants of Attention.
13. a. Explain the theories of Learning.
(or)
b. Discuss the types and stages of memory.
- 14.a. Explain the theories of Intelligence.
(or)
b. Explain imagery and cognitive maps briefly.
- 15a. Discuss the theories of motivation.
(or)
b. Explain the trait and type theories of personality.

PART – C
Answer Any THREE Questions
All Questions Carry Equal Marks

(3x10=30)

16. Discuss the approaches to psychology.
17. Explain the determinants of Perception.
18. Define forgetting, its kinds and theories.
19. Explain the approaches to problem solving.
20. How would you measure personality?

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSP18CT102

M. SC SPORTS PSYCHOLOGY DEGREE EXAMINATION,

NOVEMBER – 2018

FIRST SEMESTER

PRINCIPLES OF SPORTS PSYCHOLOGY

Duration: 3 Hours

Max.Marks: 75 Marks

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Sports Psychology.
2. Ethics.
3. Cognition.
4. Flow.
5. Emotions.
6. Drives.
7. Personality.
8. Trait.
9. Psychological Preparation.
10. Competition.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Discuss the importance and scope of sports psychology.
(or)
b. Explain the relationship of sports psychology with other sports science.
- 12a. Discuss the cognitive process in sports.
(or)
b. Explain the techniques to develop attention.
13. a Explain the influence of emotion on performance.
(or)
b. Explain Achievement motivation.
- 14.a. Explain the humanistic and social perspective of personality in sports.
(or)
b. Explain the dynamics of personality in sports.
- 15a. Explain the phenomenon of competitive sports.
(or)
b. Explain short term psychological preparation in sports.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

11. Explain how sports psychology is important for coaches, physical educationist and athletes.
12. Explain the reaction time, movement, reflex and response time in sports.
13. Discuss how would you motivate the athletes.
14. Discuss the influence of personality in sports.
15. Explain long term psychological preparation for effective performance in sports.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSP18CT103

M. SC SPORTS PSYCHOLOGY DEGREE EXAMINATION,

NOVEMBER- 2018

FIRST SEMESTER

RESEARCH METHODS

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Research
2. What is Applied Research?
3. Write any four interview technique
4. Define Hypothesis
5. What is research design?
6. Write any four research design
7. What is sampling?
8. What is sampling error?
9. What is abstract?
10. What is plagiarism?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSP17101

M.Phil. SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

RESEARCH METHODOLOGY AND STATISTICS

Duration: 3 Hours

Max. Marks: 60

(10x1=10)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define sports psychology research
2. Meaning of limitation in research
3. Define research design
4. What is quasi experiment?
5. What is survey method of research?
6. What is interview schedule?
7. Calculate standard error of the mean
Standard Deviation (SD) = 12
Sample Size (N) = 64
8. Write the properties of normal curve
9. What is Chi Square?
10. What is Contingency Coefficient?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x4= 20)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the criteria and locating research problem in sports Psychology.
(or)
b. List down the requirements of quality research in sports Psychology.
- 12a. Write down the Significance and Criteria for selecting suitable research design.
(or)
b. Explain repeated measures design and rotated group design.
- 13a. Explain sampling types and techniques.
(or)
b. Explain Sports questionnaire construction and standardization.
- 14a. Compute mean and standard deviation for the following data

C.I	'F'
80 - 84	2
75 - 79	5
70 - 74	7
65 - 69	11
60 - 64	13
55 - 59	9
50 - 54	6
45 - 49	5
40 - 44	2
N=	60

- (or)
b. Explain the types, classification and basic concepts of statistics
- 15a. Calculate F ratio for independent groups
- | | | |
|----------------------------------|---|----|
| Number of groups | = | 4 |
| Number of subjects in each group | = | 12 |
| Total number of subjects | = | 48 |

Sum of Squares Between (SS)_b = 300

Sum of Squares Within (SS)_w = 400

(or)

- b. Find Spearman's rank correlation coefficient between X and Y for the following set of data:

X	13	20	22	18	19	11	10	15
Y	17	19	23	16	20	10	11	18

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Write an essay on sports excellence through research findings.
17. Describe longitudinal and cross sectional design.
18. Briefly explain Research proposal, Research report, Abstract and Bibliography.
19. Calculate one way analysis of variance for the three independent variables.

Group I	18	22	18	23	10	24	20	21	19	25
Group II	26	27	10	22	23	19	27	26	24	26
Group III	16	14	15	14	19	21	17	17	18	19

20. Calculate coefficient correlation by using Pearson Product Method.

X	16	20	15	23	18	16	21	18	17	21
Y	22	27	24	32	34	26	28	23	24	30

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPS17101

M.Phil. SOCIOLOGY DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

RESEARCH METHODOLOGY AND STATISTICS

Duration: 3 Hours

Max. Marks: 60

PART – A

Answer All Questions

(10x1=10)

All Questions Carry Equal Marks

1. Define sociological research
2. Meaning of delimitation in research
3. Define research design
4. What is quasi experiment?
5. What is survey method of research?
6. What is interview schedule?
7. Calculate standard error of the mean
Standard Deviation (SD) = 12
Sample Size (N) = 64
8. Write the properties of normal curve.
9. What is Chi Square?
10. What is Contingency Coefficient?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x4=20)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the criteria and locating research problem in sociology.
 (or)
 b. List down the requirements of quality sociological research.
- 12a. Write down the Significance and Criteria for selecting suitable research design.
 (or)
 b. Explain repeated measures design and rotated group design.
- 13a. Explain sampling types and techniques.
 (or)
 b. Explain sociology questionnaire construction and standardization.
- 14a. Compute mean and standard deviation for the following data.

C.I	'F'
80 - 84	2
75 - 79	5
70 - 74	7
65 - 69	11
60 - 64	13
55 - 59	9
50 - 54	6
45 - 49	5
40 - 44	2
N=	60

- (or)
- b. Explain the types, classification and basic concepts of statistics.
- 15a. Calculate F ratio for independent groups
- | | | |
|--|---|-----|
| Number of groups | = | 4 |
| Number of subjects in each group | = | 12 |
| Total number of subjects | = | 48 |
| Sum of Squares Between (SS) _b | = | 300 |
| Sum of Squares Within (SS) _w | = | 400 |

- (or)
- b. Find Spearman's rank correlation coefficient between X and Y for the following set of data:

X	13	20	22	18	19	11	10	15
Y	17	19	23	16	20	10	11	18

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Write an essay on sociological development through research findings.
 17. Describe longitudinal and cross sectional design in sociology.
 18. Briefly explain Research proposal, Research report, Abstract and Bibliography.
 19. Calculate one way analysis of variance for the three independent Variables.
- | | | | | | | | | | | |
|-----------|----|----|----|----|----|----|----|----|----|----|
| Group I | 18 | 22 | 18 | 23 | 10 | 24 | 20 | 21 | 19 | 25 |
| Group II | 26 | 27 | 10 | 22 | 23 | 19 | 27 | 26 | 24 | 26 |
| Group III | 16 | 14 | 15 | 14 | 19 | 21 | 17 | 17 | 18 | 19 |
20. Write the meaning of correlation and Calculate coefficient correlation by using Pearson Product Method.

X	16	20	15	23	18	16	21	18	17	21
Y	22	27	24	32	34	26	28	23	24	30



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MSP17102

M.Phil. SPORTS PSYCHOLOGY DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

APPLIED SPORTS PSYCHOLOGY

Duration: 3 Hours

Max.Marks: 60

PART – A

(10x1=10)

Answer All Questions

All Questions Carry Equal Marks

1. Behavior.
2. Learning.
3. Sensation.
4. Focus.
5. Emotion.
6. Frustration.
7. Coping.
8. Psychological Preparation.
9. Questionnaires.
10. PST – Define.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x4= 20)
Answer All Questions
All Questions Carry Equal Marks

11a. Discuss the relationship of sports psychology with other sciences.

(or)

b. Explain the factors influencing motor learning.

12a. Discuss the cognitive process in sports.

(or)

b. How would you motivate the problem athlete.

13a. How would you assess Locus of Control among athletes.

(or)

b. Discuss the influence of moods on sports performance.

14a. How would you prevent burnout among athletes.

(or)

b. Discuss short term psychological preparation among athletes.

15a. Explain the role of psychological skills training in sports.

(or)

b. Discuss the myths of psychological skills training.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

21. Discuss the stages of motor learning.

22. Discuss the ways of improving motivation in practice and Games.

23. How would you avoid choking among athletes.

24. Discuss long term psychological preparation in sports.

25. Discuss the procedure involved in construction and standardization of a questionnaire.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: MPS17102

M.Phil. SOCIOLOGY DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

SOCIOLOGICAL THEORIES

Duration: 3 Hours

Max.Marks: 60
(10x1=10)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define theory.
2. What is variables?
3. Comment on social states.
4. Dialectical Materialism explain.
5. Define evolution.
6. What is social action?
7. What is social dynamics?
8. Define organic analogy.
9. Explain - Solidarity.
10. Comment on 'Social Order'.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PSP18DE008

**M. SC SPORTS PSYCHOLOGY DEGREE EXAMINATION,
NOVEMBER – 2018
FIRST SEMESTER
POSITIVE PSYCHOLOGY**

Duration: 3 Hours

Max.Marks:75

PART – A (10x2=20)
Answer All Questions
All Questions Carry Equal Marks

1. Positive Psychology.
2. Traditional Psychology.
3. Emotions.
4. Affect.
5. Hope.
6. Optimism.
7. Well-being.
8. Self-regulation.
9. Well being.
10. Bad Contours.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

M.Tech DEGREE EXAMINATION - NOVEMBER 2018

FIRST SEMESTER

SPORTS ENGINEERING AND TECHNOLOGY

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is need of smart devices in sports.
2. List some sustainable manufacturing sports product.
3. Explain Instrumentation of rowing boat.
4. Differentiation of voltage sensor and inertial sensor.
5. Define energy return.
6. How FEM helps in helmet design.
7. What are all the aerodynamics forces acts on ball?
8. What is the aerodynamics advantage of oval ball?
9. Explain power spot.
10. What is golf shaft?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name:

Register No :

Subject Code: PST18CT101

M. TECH SPORTS TECHNOLOGY DEGREE EXAMINATION

NOVEMBER- 2018

FIRST SEMESTER

AERODYNAMICS IN SPORTS

Duration: 3 Hours

Max.Marks: 75

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Why aerodynamics is considered in ball sports
2. State the significance of two dimensional flow
3. Mention the applications of Laplace equation
4. State the significance of Mach Number
5. State the various forces present in fluid flow.
6. A pitot-static tube is used to measure the velocity of water in a pipe. The stagnation pressure head is 7 m and static pressure head is 6m. calculate the velocity of flow assuming the coefficient of tube equal to 0.91.
7. Mention various sports specific applications of using wind tunnels.
8. What is ski jumping?
9. State the effects of hammer power.
10. What do understand about aerodynamics on Base ball?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **PST18MC101**

**M.TECH DEGREE EXAMINATION - NOVEMBER 2018
FIRST SEMESTER**

RESEARCH METHODOLOGY AND IPR

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is data collection?
2. What do mean by Research design.
3. Define frame work.
4. What is plagiarism?
5. Define structure of report.
6. Define technical writing.
7. What is Intellectual property?
8. What is WTO?
9. What is a trade secret?
10. Define geographical indicators.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **ST 1518**

**M.Tech Sports Technology
DEGREE EXAMINATION
November- 2018
ODD SEMESTER**

Subject: Sports Facility Management

Duration: 3 Hours

Max.Marks : 75

PART - A (10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

- 1** What are public access facilities
- 2** What is short and long term planning
- 3** What is need for health club
- 4** What is facility management
- 5** List the managerial functions
- 6** What is building ventilation system
- 7** What are Business plans
- 8** What is computer aided facility management
- 9** What is capital planning
- 10** What is CMMS



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:MY17101

M.Sc. Yoga DEGREE EXAMINATION, NOVEMBER- 2018

SEMESTER

FUNDAMENTALS OF YOGA EDUCATION

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Explain mimamsa.
2. Explain the nature of yoga.
3. Briefly explain yoga rahasya
4. Explain Gheranda Samhitha.
5. Discuss the contribution of Sri Yoendrajji towards yoga.
6. Who is Swamy Kunalayanada?
7. Explain the practice of yoga in Islam.
8. Define and write the meaning of mantra yoga.
9. Explain in brief about swara yoga.
10. Describe the teachings of Bihar school of yoga.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain in brief the philosophy of yoga.
(or)
- b. Describe the objectives and scope yoga education.
- 12a. Elucidate the ashtanga yoga mentioned in yog sutra with suitable quoting and there meaning.
(or)
- b. Explain the contribution of Thirumular's Thirumandiram and its teachings.
- 13 a. Who was B.K.S. Iyengar and write down his contribution towards the spread of yoga at world level.
(or)
- b. What are contribution of Swami Vivekananda to the raise of yoga at world level.
- 14a. Write the methods to promote spirituality.
(or)
- b. Write down the contribution of Hinduism towards yoga.
- 15a. List down different schools of yoga and explain why more schools of yoga are budding.
(or)
- b. List down different paths of yoga and explain any two paths that have influenced you deeply.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Write down the principles, misconceptions, and clarifications of yoga. Support your answer with suitable examples.
17. Describe the contribution of yoga by Upanishads and Vedas. Support your answers with suitable quoting from their respective holy books.
18. Discuss and throw light on contribution of Swami Maharish Mahesh yogi and Ramana Maharishi towards yoga.
19. Describe different paths of yoga and high light the merits.
20. Write down the misconceptions and clarifications of yoga. Support your answer with suitable examples.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: PYT18CT103

M.Sc., DEGREE EXAMINATION, NOVEMBER- 2018

SEMESTER

BASIC PRINCIPALS OF YOGA THERAPY

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. what is yoga therapy
2. Write the definition of viniyoga
3. What is complimentary system
4. Write the definition of cikitsa
5. What is union
6. Define yoga shastra
7. what is progression
8. Define iswarapranidhana
9. Define dinacarya
10. Define tridosa



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Explain the marking of discus throw sector.
(or)
- b. Explain tie breaking in horizontal jump events.
- 12a. Briefly state the drinking / sponging and refreshment stations in road races.
(or)
- b. Enumerate the distances and amount of ascent for international mountain races for various categories.
- 13a. Explain the duties of management officials in track and field events.
(or)
- b. Write short notes on protest and appeals in track and field events.
- 14a. Describe the rules and regulations of kabaddi.
(or)
- b. Explain the 3, 5, 8 and 24 seconds rules in basketball.
- 15a. Explain any five official signals in volleyball.
(or)
- b. Explain the rules related to 'No ball' in cricket.

PART – C (3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Calculate and mark the starting stagger and exchange zones 4X100m relay in standard track.
17. Explain the procedure of marking stagger in 200m track for the conduct of 400m.
18. Explain the duties of competition officials in track and field events.
19. Draw a neat diagram of FIVB standard volleyball court with all measurements and markings.
20. Explain any ten official signals in basketball

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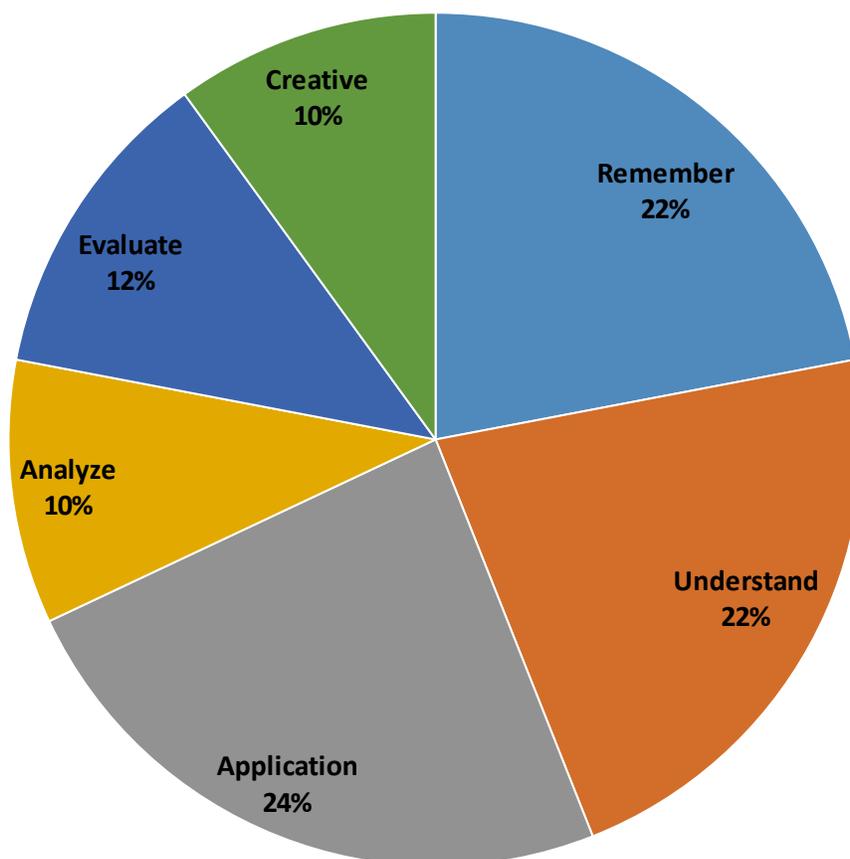
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

LEARNING OUTCOMES INTEGRATED WITH ASSESSMENT PROCESS

UNDER GRADUATION





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CRITERIA 2 TEACHING LEARNING AND EVALUATION

SAMPLE QUESTION PAPERS OF THE UNDER GRADUATION DEGREE

NAME:

REGISTER NO.:

SUBJECT CODE:USC18CT203

B.SC. SPORTS COACHING DEGREE EXAMINATION

SECOND SEMESTER

APRIL - 2019

SCIENCE OF SPORTS TRAINING

DURATION : 3 HOURS

MAX. MARKS : 75

PART - A

(10X2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Importance of Warming up.
2. List out motor qualities.
3. Symptoms of over load.
4. Define mobility.
5. What are the health related fitness?
6. Define speed strength.
7. Define flexibility.
8. What is balanced diet?
9. Define specificity.
10. How to fix the intensity for endurance training.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11 a. Short notes on mental development.
(or)
b. Importance of warming up and cool down exercises.
- 12 a. Briefly explain the reversibility principles.
(or)
b. List out causes of overload.
- 13 a. Importance of flexibility.
(or)
b. List down the coordinative abilities.
- 14 a. List down the forms of speed.
(or)
b. Explain briefly the importance of strength training.
- 15.a Briefly explain the skill related fitness
(or)
b. What do you mean by health related fitness?

PART - C (3X10 = 30)
Answer Any Three questions
All questions carry equal Marks

16. Discuss the General Principles of sports Training.
17. Name the physical fitness components and its importance in sports.
18. Define endurance and enumerate the various types of Endurance.
19. Define strength and explain the means and methods of developing the strength.
20. How the diet is helping for high level of sports training.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17203

B.SC. SPORTS COACHING DEGREE EXAMINATION

SECOND SEMESTER

APRIL - 2019

SCIENCE OF SPORTS TRAINING

DURATION : 3 HOURS

MAX. MARKS : 75

PART - A

(10X2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Importance of Warming up.
2. List out motor qualities.
3. Symptoms of over load.
4. Define mobility.
5. What are the health related fitness?
6. Define speed strength.
7. Define flexibility.
8. What is balanced diet?
9. Define specificity.
10. How to fix the intensity for endurance training.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11 a. Short notes on mental development.
(or)
b. Importance of warming up and cool down exercises.
- 12 a. Briefly explain the reversibility principles.
(or)
b. List out causes of overload.
- 13 a. Importance of flexibility.
(or)
b. List down the coordinative abilities.
- 14 a. List down the forms of speed.
(or)
b. Explain briefly the importance of strength training.
- 15.a Briefly explain the skill related fitness
(or)
b. What do you mean by health related fitness?

PART - C (3X10 = 30)
Answer Any Three questions
All questions carry equal Marks

16. Discuss the General Principles of sports Training.
17. Name the physical fitness components and its importance in sports.
18. Define endurance and enumerate the various types of Endurance.
19. Define strength and explain the means and methods of developing the strength.
20. How the diet is helping for high level of sports training.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC16203

B.SC. SPORTS COACHING DEGREE EXAMINATION

SECOND SEMESTER

**APRIL - 2019
SCIENCE OF SPORTS TRAINING AND
CONDITIONING-I**

DURATION : 3 HOURS MAX. MARKS : 75

PART - A (10X2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Importance of Warming up.
2. List out motor qualities.
3. Symptoms of over load.
4. Define mobility.
5. What are the health related fitness?
6. Define speed strength.
7. Define flexibility.
8. What is balanced diet?
9. Define specificity.
10. How to fix the intensity for endurance training.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11 a. Short notes on mental development.
(or)
b. Importance of warming up and cool down exercises.
- 12 a. Briefly explain the reversibility principles.
(or)
b. List out causes of overload.
- 13 a. Importance of flexibility.
(or)
b. List down the coordinative abilities.
- 14 a. List down the forms of speed.
(or)
b. Explain briefly the importance of strength training.
- 15.a Briefly explain the skill related fitness
(or)
b. What do you mean by health related fitness?

PART - C (3X10 = 30)
Answer Any Three questions
All questions carry equal Marks

16. Discuss the General Principles of sports Training.
17. Name the physical fitness components and its importance in sports.
18. Define endurance and enumerate the various types of Endurance.
19. Define strength and explain the means and methods of developing the strength.
20. How the diet is helping for high level of sports training.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE: USC18CT204

B.SC. SPORTS COACHING DEGREE EXAMINATION

SECOND SEMESTER

APRIL - 2019

RULES AND REGULATIONS OF SPECIFIED SPORT/GAME

DURATION:3 HOURS

MAX. MARKS : 75

PART - A (10X2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. List down the player's equipment of your game.
2. How many matches will be when 25 teams in knock out tournament?
3. List down the cards using by officials in your game.
4. Define league matches.
5. What are the powers of referee/officials?
6. How many byes for 21 teams in knock out competitions?
7. Name two actionable offences related in your game/sport.
8. Number of matches for 7 teams in league basis.
9. Define seeding.
10. List down the system of competitions.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11 a. List down the importance of technical committee.
(or)
b. Draw a fixture for 6 teams in league basis.
- 12 a. What do you mean by organizational method?
(or)
b. Explain briefly about mechanism of officiating in your sport/game.
- 13 a. What are the systems are followed during National competitions.
(or)
b. Tie breaker method in high jump for Athletics/ Tiebreaker system for football/hockey/volleyball.
- 14 a. Briefly explain the different methods of competitions.
(or)
b. List down the fouls related your game/sport.
- 15 a. Explain off - side law for football/ briefly explain steeple chase for Athletics/ Briefly explain the role of Libero in volleyball.
(or)
b. Explain briefly about lap scorer in 10000mts for Athletics/method of scoring in football / rotation in volleyball.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Draw of play field of your game with marking /draw shot put sector for athletics.
17. Draw a fixture for 12 teams in knock out basis.
18. Explain the rules and regulations of your game/ rules for discuss and 4X 400 relay for athletics in detail.
19. Explain the system of officiating for football or hockey /system of officiating for walking.
20. Explain various committees for the successful conduct of national tournaments.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE: BC17204

B.SC. SPORTS COACHING DEGREE EXAMINATION

SECOND SEMESTER

APRIL - 2019

RULES AND REGULATIONS OF SPECIFIED SPORT/GAME

DURATION:3 HOURS

MAX. MARKS : 75

PART - A (10X2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. List down the player's equipment of your game.
2. How many matches will be when 25 teams in knock out tournament?
3. List down the cards using by officials in your game.
4. Define league matches.
5. What are the powers of referee/officials?
6. How many byes for 21 teams in knock out competitions?
7. Name two actionable offences related in your game/sport.
8. Number of matches for 7 teams in league basis.
9. Define seeding.
10. List down the system of competitions.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11 a. List down the importance of technical committee.
(or)
b. Draw a fixture for 6 teams in league basis.
- 12 a. What do you mean by organizational method?
(or)
b. Explain briefly about mechanism of officiating in your sport/game.
- 13 a. What are the systems are followed during National competitions.
(or)
b. Tie breaker method in high jump for Athletics/ Tiebreaker system for football/hockey/volleyball.
- 14 a. Briefly explain the different methods of competitions.
(or)
b. List down the fouls related your game/sport.
- 15 a. Explain off - side law for football/ briefly explain steeple chase for Athletics/ Briefly explain the role of Libero in volleyball.
(or)
b. Explain briefly about lap scorer in 10000mts for Athletics/method of scoring in football / rotation in volleyball.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Draw of play field of your game with marking /draw shot put sector for athletics.
17. Draw a fixture for 12 teams in knock out basis.
18. Explain the rules and regulations of your game/ rules for discuss and 4X 400 relay for athletics in detail.
19. Explain the system of officiating for football or hockey /system of officiating for walking.
20. Explain various committees for the successful conduct of national tournaments.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE: USC18DE001

B.SC. SPORTS COACHING DEGREE EXAMINATION

**APRIL – 2019
SECOND SEMESTER**

DOPING AND ITS CLASSIFICATION

DURATION:3 HOURS MAX. MARKS : 75

PART – A (10X2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Abbreviate WADA.
2. Head quarter of NADA.
3. List down the two aim of doping.
4. Define Local anesthesia.
5. What do you mean by FAIR PLAY?
6. What is homogenies in blood doping?
7. Name the sample to find out the doping.
8. Name two sport using beta blockers.
9. List down two importance of using steroid.
10. Name four sport which are compete in weight categories.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

11. a. List down the classification of doping.
(or)
b. Define doping and its meaning.
- 12.a. What do you mean by narcotics?
(or)
b. Explain briefly about harmful effects of using narcotics.
- 13.a. Role of diuretics in sports.
(or)
b. List down the harmful effects of using diuretics.
- 14.a. Briefly explain the harmful effects of using beta blockers.
(or)
b. Name the importance of using beta blockers.
- 15.a. Briefly explain the testing procedures of doping.
(or)
b. Explain briefly about doping laboratory.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the NADA functioning in India and its role.
17. What is stimulant? Explain its benefits and harmful effects
18. Define anabolic steroids and explain its harmful effects for men and women.
19. Explain the methods of blood doping in detail.
20. What are the classifications of drugs for certain restriction? and explain any two in detail.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:USC18CT104

B.SC. SPORTS COACHING DEGREE EXAMINATION

APRIL-2019

FIRST SEMESTER

HISTORY AND DEVELOPMENT OF SPECIFIED SPORT/GAME

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

ANSWER ALL QUESTIONS

ALL QUESTIONS CARRY EQUAL MARKS

1. Head quarter of national Institute of Sports.
2. Name of the two tournaments related your game.
3. Name four name of the national federations.
4. List down two functions of SDAT.
5. Abbreviate SAI.
6. Define Dhroncharaya award.
7. Name two Arjuna awardee related your game.
8. Write down four functions of sports Universities.
9. Name four major sport event took part in Olympics.
10. Abbreviate FIFA/IAAF /IHF/FIVB.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

**Answer All questions
All questions carry equal Marks**

- 11.a Give an account of the different committees for successful conduct of National federation.
(or)
b. Write down five significant dates of your specified game.
- 12.a. List down the functions of Indian Olympic Association.
(or)
b. Examine the organizational set up of National Federation.
- 13.a. Name the SAI Regional centers and explain the any one of the Regional Centers functions.
(or)
b. Explain briefly the importance of SAI.
- 14.a. Discuss organizational set up of State Association.
(or)
b. Explain recent trends in state Association.
- 15.a. Write down the functions of SDAT.
(or)
b. Enumerate the duties of Sports officer in the District SDAT.

PART - C (3X10=30)

**Answer Any Three questions
All questions carry equal Marks**

16. Explain the structure and organization set up of World Federation of your specified sport?
17. Explain the structure and their duties of National federation related your game.
18. Explain the role of Sports Authority of India.
19. Explain the importance of State Association.
20. Explain Various activities and organizational set up of SDAT.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17104

B.SC. SPORTS COACHING DEGREE EXAMINATION

APRIL-2019

FIRST SEMESTER

**HISTORY AND ADMINISTRATION OF SPECIFIED
SPORT/GAME**

DURATION :3HOURS

PART-A

**MAX.MARKS: 75
(10X2=20)**

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Head quarter of national Institute of Sports.
2. Name of the two tournaments related your game.
3. Name four name of the national federations.
4. List down two functions of SDAT.
5. Abbreviate SAI.
6. Define Dhroncharaya award.
7. Name two Arjuna awardee related your game.
8. Write down four functions of sports Universities.
9. Name four major sport event took part in Olympics.
10. Abbreviate FIFA/IAAF /IHF/FIVB.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

**Answer All questions
All questions carry equal Marks**

- 11.a Give an account of the different committees for successful conduct of National federation.
(or)
b. Write down five significant dates of your specified game.
- 12.a. List down the functions of Indian Olympic Association.
(or)
b. Examine the organizational set up of National Federation.
- 13.a. Name the SAI Regional centers and explain the any one of the Regional Centers functions.
(or)
b. Explain briefly the importance of SAI.
- 14.a. Discuss organizational set up of State Association.
(or)
b. Explain recent trends in state Association.
- 15.a. Write down the functions of SDAT.
(or)
b. Enumerate the duties of Sports officer in the District SDAT.

PART - C (3X10=30)

**Answer Any Three questions
All questions carry equal Marks**

16. Explain the structure and organization set up of World Federation of your specified sport?
17. Explain the structure and their duties of National federation related your game.
18. Explain the role of Sports Authority of India.
19. Explain the importance of State Association.
20. Explain Various activities and organizational set up of SDAT.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

ANATOMY & PHYSIOLOGY

DURATION :3HOURS

MAX.MARKS: 75

PART-A

10X2=20

ANSWER ALL QUESTIONS

ALL QUESTIONS CARRY EQUAL MARKS

1. Power house of the cell.
2. Types of Muscles fibres.
3. Function of pulmonary ventricle.
4. Define cardiac cycle.
5. Define alveoli.
6. Functions of skin.
7. Define extension.
8. Colour of fast stiwitch fibre.
9. Define Anatomy.
10. Define physiology.

NAME:

REGISTER NO.:

SUBJECT CODE:USC18CT103

B.SC. SPORTS COACHING DEGREE EXAMINATION

FIRST SEMESTER

PART-B

5X5=25

ANSWER ALL QUESTIONS

ALL QUESTIONS CARRY EQUAL MARKS

- 11.a) How the physiology is helping for higher performance



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

- (or)
- b) Briefly explain the importance of cell.
12. a) write short notes on the following i. cardiac out put
ii. Actin
- (or)
- b) Briefly explain the various types of circulation.
13. a) Write down the Importance of muscular system.
- (or)
- b) Explain the Fundamental Movements ?
14. a) Draw the diagram of respiratory system and explain its part.
- (or)
- b) Explain the Muscles Involved in Respiratory System?
15. a) List down the functions of Skin?
- (or)
- b) Briefly explain about function of kidney.
17. Explain the mechanism of Muscular system ?
18. Discuss the Structure and functions of Heart?
19. Explain the Mechanism of Respiratory System?
20. Draw and Explain is the structure and part Kidney?
- * * * * *

PART - C **3X10 = 30**
Answer Any Three questions
All questions carry equal Marks

16. Draw the diagram of Cell and explain its Function?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC16103

B.SC. SPORTS COACHING DEGREE EXAMINATION

FIRST SEMESTER

ANATOMY & PHYSIOLOGY

DURATION :3HOURS

MAX.MARKS: 75

PART-A 10X2=20

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Power house of the cell.
2. Types of Muscles fibres.
3. Function of pulmonary ventricle.
4. Define cardiac cycle.
5. Define alveoli.
6. Functions of skin.
7. Define extension.
8. Colour of fast twitch fibre.
9. Define Anatomy.
10. Define physiology.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B **5X5=25**
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS

- 11.a) How the physiology is helping for higher performance
(or)
b) Briefly explain the importance of cell.
- 12.a) write short notes on the following i. cardiac out put
ii. Actin
(or)
b) Briefly explain the various types of circulation.
13. a) Write down the Importance of muscular system.
(or)
b) Explain the Fundamental Movements ?
14. a) Draw the diagram of respiratory system and explain its part.
(or)
b) Explain the Muscles Involved in Respiratory System?
- 15.a) List down the functions of Skin?
(or)
b) Briefly explain about function of kidney.

PART - C **3X10 = 30**
Answer Any Three questions
All questions carry equal Marks

16. Draw the diagram of Cell and explain its Function?
17. Explain the mechanism of Muscular system ?
18. Discuss the Structure and functions of Heart?
19. Explain the Mechanism of Respiratory System?
20. Draw and Explain is the structure and part Kidney?

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17103

B.SC. SPORTS COACHING DEGREE EXAMINATION

FIRST SEMESTER

ANATOMY & PHYSIOLOGY

DURATION :3HOURS

MAX.MARKS: 75

PART-A 10X2=20

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Power house of the cell.
2. Types of Muscles fibres.
3. Function of pulmonary ventricle.
4. Define cardiac cycle.
5. Define alveoli.
6. Functions of skin.
7. Define extension.
8. Colour of fast twitch fibre.
9. Define Anatomy.
10. Define physiology.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B **5X5=25**
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS

- 11.a) How the physiology is helping for higher performance
(or)
b) Briefly explain the importance of cell.
- 12.a) write short notes on the following i. cardiac out put
ii. Actin
(or)
b) Briefly explain the various types of circulation.
13. a) Write down the Importance of muscular system.
(or)
b) Explain the Fundamental Movements ?
14. a) Draw the diagram of respiratory system and explain its part.
(or)
b) Explain the Muscles Involved in Respiratory System?
- 15.a) List down the functions of Skin?
(or)
b) Briefly explain about function of kidney.

PART - C **3X10 = 30**
Answer Any Three questions
All questions carry equal Marks

16. Draw the diagram of Cell and explain its Function?
17. Explain the mechanism of Muscular system ?
18. Discuss the Structure and functions of Heart?
19. Explain the Mechanism of Respiratory System?
20. Draw and Explain is the structure and part Kidney?

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:USC18DE001

B.SC. SPORTS COACHING DEGREE EXAMINATION

**APRIL-2019
FIRST SEMESTER
STRENGTH AND CONDITIONING**

DURATION :3HOURS

MAX.MARKS: 75

**PART-A (10X2=20)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define isotonic.
2. How to fix the intensity for endurance activity.
3. Abbreviate 1 RM.
4. Define simple reaction.
5. What is the difference between fartlek and varied phase method.
6. Target heart rate for basic endurance training.
7. Types of Endurance.
8. Define Volume.
9. Define flexibility.
10. Name two test to identify the flexibility.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11.a. Give an account of the importance of warming down
(or)
b. Write down the significant importance of explosive strength.
- 12.a. Write down the test for agility and speed.
(or)
b. Briefly explain the locomotion ability.
- 13.a. How to assess the intensity for the fartlek training with Example.
(or)
b. Explain briefly the methods to develop the speed endurance.
- 14.a. Briefly explain how the diet is helping for endurance Activity.
(or)
b. Explain recent development in food supplements.
- 15.a. Write down the importance high altitude training.
(or)
b. Enumerate the duties of personal trainer.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Explain the means and methods of developing the strength.
17. Explain the means and methods of developing the endurance.
18. Explain the different traits of Co ordinative abilities.
19. Prepare a Chart for 5 station circuit training with intensity.
20. Explain the types, importance, and methods of Flexibility in detail.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17403

**B.SC. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FOURTH SEMESTER**

SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT

Duration: 3hours

Max.Marks: 75

**PART-A (10X2=20)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define motivation.
2. Define sports psychology.
3. Define Personality.
4. Define goal setting.
5. Meaning of stress.
6. What do you mean by optimal arousal?
7. Define Extravert.
8. Name two psychological tests.
9. Define sports sociology.
10. Define audience effect.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5= 25)
Answer All questions
All questions carry equal Marks

11. a. Importance of Sports Psychology.
(or)
b. Briefly explain the branches of Psychology.
12. a. Discuss the personality in sports.
(or)
b. Examine the inter personal relationship.
13. a. Explain the eccentric motivation.
(or)
b. How the stress is affecting sports.
14. a. What do you mean by transfer of learning?
(or)
b. Briefly explain the theories of learning.
15. a. Write short notes on sociogram.
(or)
b. Enumerate the nature of audience effect.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the Sports psychology helps the sports person to achieve high level performance.
17. Explain the following
i. short time memory ii. Personality trait
18. Explain the various techniques in motivation and its role of motivation in sports.
19. Explain the importance and its role in sports Sociology.
20. Examine the learning curve in sports psychology.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17404

**B.SC. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FOURTH SEMESTER**

**TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED
SPORTS/GAMES**

Duration: 3hours

Max.Marks: 75

**PART-A (10X2=20)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define tactics.
2. Name two individual tactics related in your game.
3. Write any two defensive tactics of your game.
4. Define skill.
5. What is Team tactics?
6. Write four tactical ability in your game.
7. Define group tactics.
8. What is positional play?
9. Define pep talk.
10. Define Sports Psychology.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part – B (5X5 = 25)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS

11. a. Briefly explain tactical principles.
(OR)
b. Draw and explain any two individual tactical drills of your game.
12. a. How the tactical ability helps to achieve the performance.
(OR)
b. How to prepare the players psychologically before competitions.
13. a. Explain group tactics.
(OR)
b. Draw and explain any two group tactical training of your game.
14. a. Write the Methods of Tactical Training.
(OR)
b. Briefly explain different methods of Strategy to adopt in the game.
15. a. Explain the defensive tactical principles.
(OR)
b. Briefly explain team tactics.

Part – C (3X10=30)
ANSWER ANY THREE QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS

16. Make five tactical training of choice of your game.
17. How the tactics and strategies are important to achieve high level performance.
18. Draw and Write any three defending drills of your game.
19. How the Sports psychology helps the players for higher performance.
20. Explain the need and importance of tactics.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17303

**B.SC. SPORTS COACHING DEGREE EXAMINATION
APRIL 2019
THIRD SEMESTER
SPORTS MEDICINE AND NUTRITION**

**DURATION : 3 HOURS MAX. MARKS : 75
PART - A (10X2= 20)**

**Answer All Questions
All Questions Carry Equal Marks**

1. Name two fluids replacement for sports man.
2. Name two types of massage.
3. Abbreviate CPR.
4. Name two common injuries in sports.
5. Define Sports medicine.
6. Name the bone at wrist joint.
7. What is balanced diet?
8. Define laceration.
9. Define kilo calories.
10. Abbreviate NADA.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

- 11 a. Give an account of preventive measures in sports.
(or)
b. List down the importance of sports medicine.
- 12.a. write short notes on i. Ball and Sacket ii. Fracture.
(or)
b. Explain briefly about dislocation with example.
13. a. Briefly explain the blood doping.
(or)
b. List down the principles of massage.
14. a. Briefly discuss the factors affecting women in sport.
(or)
b. Briefly explain the anatomical difference of women.
- 15.a. Explain how food supplements helps for higher Performance.
(or)
b. Briefly explain the pre -game meal.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. How the sports medicine helps for sports person.
17. Explain the sports specific injuries in detail.
18. What are the factors affecting women sports performance - explain.
19. Define doping and explain the different classes of doping.
20. Explain, how the diet helps to improve the top performance.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

SUBJECT CODE:BC17304

**B.SC. SPORTS COACHING DEGREE EXAMINATION
APRIL 2019
THIRD SEMESTER
TECHNIQUES AND TECHNICAL TRAINING OF
SPECIFIED SPORTS /GAMES**

DURATION : 3 HOURS

MAX. MARKS : 75

PART - A (10X2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. What is technique?
2. Name two without ball technique.
3. List down four technique of specified your sport.
4. Define style.
5. Define skill.
6. List down motor qualities.
7. Name four training aids.
8. What is pressure training?
9. What is simple to complex training?
10. Define positioning.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

11. a. Give an account of importance of motor learning.
(or)
b. How the transfer of learning helps during learning the technique.
12. a. List down the various techniques involved in your game / Sport.
(or)
b. Explain briefly about without ball movements.
13. a. Briefly explain the pressure training.
(or)
b. List down the training under physical aspects.
14. a. Briefly discuss the attacking training.
(or)
b. Briefly explain the technical training under defensive training.
15. a. What are the various phases of technical training.
(or)
b. Briefly explain the physical fitness qualities

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. Define technique and explain the various phases of training.
17. Explain the simple to complex training with suitable exercises
18. Explain the any one of the technique related your game with three progression exercise.
19. Discuss defensive technique and explain any one of the defensive technique related your game in detail.
20. Explain - how the pressure training helps to develop the physical aspects.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:BC16603

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
PHILOSOPHY OF SPORTS COACHING**

DURATION :3Hr

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Name two teaching method.
2. Define Scientist.
3. Name two legal responsibilities of coaches.
4. Define coaching.
5. Meaning Sports psychology.
6. Who is coach?
7. Who is social worker?
8. Abbreviate LTAD.
9. Define technique.
10. Write any two teaching aids.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer all questions
All questions carry equal Marks

11. a. Briefly explain technique, skill and style.
(or)
b. Justify, coaching is art or science.

- 12.a. Discuss the different methods of teaching.
(or)
b. List down the training principles.

- 13.a. Write short notes on following i) Trainer ii) motivator
(or)
b. Explain briefly the coaching path way.

- 14.a. Discuss performance management.
(or)
b. Explain briefly the quality of good coach.

- 15.a. Describe legal responsibilities of coaches.
(or)
b. Briefly enumerate the coaching process.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. Explain the Coaching philosophy in detail.
17. Prepare one week training programme of your choice of game.
18. Explain the various knowledge required for the good coaches?
19. Explain the various techniques of functional activities of coaches.
20. Explain the importance of Psychological preparation for high level performance.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:BC16602

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
COMPUTER APPLICATION TEST AND MEASUREMENT**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

ANSWER ALL QUESTIONS

ALL QUESTIONS CARRY EQUAL MARKS

1. Name two test for Explosive power.
2. Abbreviate WWW.
3. What is Data entry?
4. What is JCR test?
5. Basic parts of the computer.
6. Write two skill test choice of your game.
7. Define norms.
8. What is WAN?
9. Define measurement.
10. What is MS office?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x6=30)
Answer All questions
All questions carry equal Marks

- 11 a. List down the importance of the power point
(or)
b. Explain the following
i. CPU ii. Hard ware.
12. a. How will you creating documents.
(or)
b. Compare the human being and computer.
- 13.a List down the need of test.
(or)
b. Importance of measurement in sports.
- 14 a. Significance of reliability and validity
(or)
b. What is good test?
15. a. AAHPER test – Briefly explain.
(or)
b. Briefly explain two test for Endurance.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Explain how the computer system is helping for sports.
17. Write short notes on following
i. networking in computer
ii. maintenance of computer
18. Explain the purpose of test and measurement.
19. Explain five sports skill test of your specialization in detail.
20. Explain two test for Flexibility in detail.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:BC16605

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
TEAM COACHING AND MATCH ANALYSIS OF SPECIFIC
SPORT/GAME**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Importance of fluid replacement.
2. Define skill.
3. What is sports psychology?
4. Name four physical fitness components.
5. Importance of team coaching.
6. Define medical assistance.
7. What are the standard test for Speed, Agility and power?
8. Name two technique in match analysis.
9. List down two importance of computer analysis.
10. Importance of age and sex during assessment.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Briefly explain the player - player relationship.
(or)
b. Importance of personalized coaching.
12. a. What do you mean by post match meeting?
(or)
b. Explain briefly about diet and its importance.
13. a. What are the factors to be analysed during match?
(or)
b. Medical assistance - Briefly Explain.
14. a. What are the factor to analyses in the physical fitness?
(or)
b. What do you mean by the tactical assessment?
- 15.a. Aim and objectives of match analysis?
(or)
b. How to analysis the match through paper pencil method

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Explain the role of the coach during match.
17. Explain the diet is important before, during and after the match.
18. What is the importance of match analysis? Explain the Psychological factors to be analyzed.
19. Explain the following i) technical analysis ii) key player.
20. Name different system of match analysis and explain any one the system in detail.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:BC16604

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
TEAM PREPARATION FOR SPECIFIC COMPETITIVE
SPORT/GAME**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define one dimensional sport.
2. Define balanced diet.
3. What is off season?
4. Name four physical fitness components.
5. Define team spirit.
6. Define planning.
7. What is extrinsic motivation?
8. Define meso plan.
9. Define criticism in sports.
10. Importance of age during training.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

**Answer All questions
All questions carry equal Marks**

11. a. Briefly explain the guiding principles to select the team.
(or)
b. Importance of player identification in sports.

12. a. What do you mean by modern training?
(or)
b. Explain briefly about diet and its importance.

13. a. What are the factors to be analysed during planning?
(or)
b. Periodical training plan - Briefly Explain.

14. a. what are the factors to be analyzed during motivation in sports?
(or)
b. What do you mean by optimal arousal?

15. a. Aim and objectives of Age group training
(or)
b. Briefly explain professional requirement in sports

PART - C (3X10=30)

**Answer Any Three questions
All questions carry equal Marks**

16. Explain the role of the coach during identification of player.
17. Explain the pre-season training in detail.
18. What is planning? and explain the annual plan in detail.
19. Explain the following i) psychological preparation ii) Inter personal relation.
20. What is age group training ? and explain the various aspects of age group training in detail.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:17602

B.Sc. SPORTS COACHING DEGREE EXAMINATION

APRIL-2019

SIXTH SEMESTER

COMPUTER APPLICATION TEST AND MEASUREMENT

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

ANSWER ALL QUESTIONS

ALL QUESTIONS CARRY EQUAL MARKS

1. Name two test for Explosive power.
2. Abbreviate WWW.
3. What is Data entry?
4. What is JCR test?
5. Basic parts of the computer.
6. Write two skill test choice of your game.
7. Define norms.
8. What is WAN?
9. Define measurement.
10. What is MS office?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x6=30)
Answer All questions
All questions carry equal Marks

- 11 a. List down the importance of the power point
(or)
b. Explain the following
i. CPU ii. Hard ware.
12. a. How will you creating documents.
(or)
b. Compare the human being and computer.
- 13.a List down the need of test.
(or)
b. Importance of measurement in sports.
- 14 a. Significance of reliability and validity
(or)
b. What is good test?
15. a. AAHPER test – Briefly explain.
(or)
b. Briefly explain two test for Endurance.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Explain how the computer system is helping for sports.
17. Write short notes on following
i. networking in computer
ii. maintenance of computer
18. Explain the purpose of test and measurement.
19. Explain five sports skill test of your specialization in detail.
20. Explain two test for Flexibility in detail.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:17603

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
PHILOSOPHY OF SPORTS COACHING**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Name two teaching method.
2. Define Scientist.
3. Name two legal responsibilities of coaches.
4. Define coaching.
5. Meaning Sports psychology.
6. Who is coach?
7. Who is social worker?
8. Abbreviate LTAD.
9. Define technique.
10. Write any two teaching aids.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer all questions
All questions carry equal Marks

11. a. Briefly explain technique, skill and style.
(or)
b. Justify, coaching is art or science.

- 12.a. Discuss the different methods of teaching.
(or)
b. List down the training principles.

- 13.a. Write short notes on following i) Trainer ii) motivator
(or)
b. Explain briefly the coaching path way.

- 14.a. Discuss performance management.
(or)
b. Explain briefly the quality of good coach.

- 15.a. Describe legal responsibilities of coaches.
(or)
b. Briefly enumerate the coaching process.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. Explain the Coaching philosophy in detail.
17. Prepare one week training programme of your choice of game.
18. Explain the various knowledge required for the good coaches?
19. Explain the various techniques of functional activities of coaches.
20. Explain the importance of Psychological preparation for high level performance.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:17604

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
TEAM PREPARATION FOR SPECIFIC COMPETITIVE
SPORT/GAME**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define one dimensional sport.
2. Define balanced diet.
3. What is off season?
4. Name four physical fitness components.
5. Define team spirit.
6. Define planning.
7. What is extrinsic motivation?
8. Define meso plan.
9. Define criticism in sports.
10. Importance of age during training.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

**Answer All questions
All questions carry equal Marks**

11. a. Briefly explain the guiding principles to select the team.
(or)
b. Importance of player identification in sports.

12. a. What do you mean by modern training?
(or)
b. Explain briefly about diet and its importance.

13. a. What are the factors to be analysed during planning?
(or)
b. Periodical training plan - Briefly Explain.

14. a. what are the factors to be analyzed during motivation in sports?
(or)
b. What do you mean by optimal arousal?

15. a. Aim and objectives of Age group training
(or)
b. Briefly explain professional requirement in sports

PART - C (3X10=30)

**Answer Any Three questions
All questions carry equal Marks**

16. Explain the role of the coach during identification of player.
17. Explain the preseason training in detail.
18. What is planning? and explain the annual plan in detail.
19. Explain the following i) psychological preparation ii) Inter personal relation.
20. What is age group training ? and explain the various aspects of age group training in detail.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:17605

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
TEAM COACHING AND MATCH ANALYSIS OF SPECIFIC
SPORT/GAME**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Importance of fluid replacement.
2. Define skill.
3. What is sports psychology?
4. Name four physical fitness components.
5. Importance of team coaching.
6. Define medical assistance.
7. What are the standard test for Speed, Agility and power?
8. Name two technique in match analysis.
9. List down two importance of computer analysis.
10. Importance of age and sex during assessment.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Briefly explain the player - player relationship.
(or)
b. Importance of personalized coaching.
12. a. What do you mean by post match meeting?
(or)
b. Explain briefly about diet and its importance.
13. a. What are the factors to be analysed during match?
(or)
b. Medical assistance - Briefly Explain.
14. a. What are the factor to analyses in the physical fitness?
(or)
b. What do you mean by the tactical assessment?
- 15.a. Aim and objectives of match analysis?
(or)
b. How to analysis the match through paper pencil method

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Explain the role of the coach during match.
17. Explain the diet is important before, during and after the match.
18. What is the importance of match analysis? Explain the Psychological factors to be analyzed.
19. Explain the following i) technical analysis ii) key player.
20. Name different system of match analysis and explain any one the system in detail.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:BC16601

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
FUNDAMENTALS OF SPORTS MANAGEMENT**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define sports management?
2. Mention any two role of sports management.
3. Define planning.
4. List down two purpose of register.
5. Who is a leader?
6. Define personal traits.
7. Abbreviate SAI.
8. Mention two role of SDAT.
9. What is meant by sports marketing?
10. Name two objectives of sports management.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11.(a) List down the importance of sports management ?
(or)
(b) Name the purpose of the various registers.
- 12.(a) Briefly explain principles of planning
(or)
(b) Describe the various aspects of planning.
- 13.(a) What are the need and importance of leadership?
(or)
(b) What are the qualities of a good leader?
- 14.(a) Describe about sports industry.
(or)
(b) What are the policies of SAI?
- 15.(a) What are the theories of sports marketing?
(or)
(b) Explain various activities of SDAT.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Briefly describe about the sports management?
17. Prepare a plan and budget for a state level competition of your specific sport or game?
18. What are the role and behaviour of a leader?
19. Describe the structure and organizational set up of SAI.
20. How the SDAT helps to improve the sports in the state.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code:17601

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
SIXTH SEMESTER
FUNDAMENTALS OF SPORTS MANAGEMENT**

DURATION :3HOURS

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define sports management?
2. Mention any two role of sports management.
3. Define planning.
4. List down two purpose of register.
5. Who is a leader?
6. Define personal traits.
7. Abbreviate SAI.
8. Mention two role of SDAT.
9. What is meant by sports marketing?
10. Name two objectives of sports management.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11.(a) List down the importance of sports management ?
(or)
(b) Name the purpose of the various registers.
- 12.(a) Briefly explain principles of planning
(or)
(b) Describe the various aspects of planning.
- 13.(a) What are the need and importance of leadership?
(or)
(b) What are the qualities of a good leader?
- 14.(a) Describe about sports industry.
(or)
(b) What are the policies of SAI?
- 15.(a) What are the theories of sports marketing?
(or)
(b) Explain various activities of SDAT.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Briefly describe about the sports management?
17. Prepare a plan and budget for a state level competition of your specific sport or game?
18. What are the role and behaviour of a leader?
19. Describe the structure and organizational set up of SAI.
20. How the SDAT helps to improve the sports in the state.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: BC16502

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019**

**FIFTH SEMESTER
ANTHROPOMETRY SPORTS PEDAGOGY AND TALENT
IDENTIFICATION**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define sports pedagogy.
2. Define peripheral vision.
3. Define scouting.
4. Define sports anthropometry.
5. Name two sports Psychological test.
6. Define two dimensional profile.
7. Name four physical attributes.
8. Purpose of measurement.
9. Name two skill test related your game.
10. Define perfection years.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11 a. Importance of sports Anthropometry.
(or)
b. List down the different places of measurement.
12. a. Briefly explain the five methods of scientific teaching.
(or)
b. Importance of Sports Pedagogy.
13. a. Explain the importance of Talent identification.
(or)
b. Explain the multi-dimensional predication of sports performance.
14. a. Briefly explain any two skill test related your game with testing procedure.
(or)
b. Explain the importance of vision.
15. a. Explain how the parental support helps in sports.
(or)
b. Briefly explain the assessment of Psychological skill.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the kine Anthropometry helps to achieve the high level Performance in sport.
17. Explain the principles of sport pedagogy.
18. Explain the various phases of identification of talents.
19. Name any three physical attributes with testing procedure.
20. Explain the different stages of Identify the talents.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: BC16501

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER
KINESIOLOGY AND BIO - MECHANICS**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define Bio Mechanics.
2. Name the types of Motion.
3. Define III law of motion.
4. Define kinesiology.
5. Define planes.
6. Define velocity.
7. Define Center of gravity.
8. Define velocity and acceleration relation.
9. Meaning of displacement.
10. Name two advantages of force.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Importance kinesiology in sports.
(or)
b. List down the basic movements in kinesiology.
12. a. Define stability and its importance.
(or)
b. Briefly Explain the concept of force.
13. a. Name three major muscles and briefly explain any one of the muscles origin and insertion.
(or)
b. Define joint and briefly explain the ball and socket joint movements.
14. a. Calculate the final velocity when the acceleration is 10m per sec square and the time taken is 20 seconds.
(or)
b. Briefly explain, how the bio mechanics helps the coaches.
15. a. Prove $f = m \times a$
(or)
b. Define lever and briefly explain its types.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the kinesiology is importance for higher performance in sports.
17. Describe the Newton's Law of Motion in detail.
18. Explain the Speed, velocity and acceleration relation in detail.
19. How the anatomical structure helps for movement analysis.
20. Explain the projectile motion and its importance in sports.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: BC16504

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

SPECIFIC MOTOR QUALITIES OF SPECIFIED SPORT/GAME

DURATION:3Hrs

MAX.MARKS: 75

**PART-A (10X2=20)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. List down motor qualities.
2. Define Strength endurance.
3. Importance of warm up.
4. Name four physical fitness components.
5. Name two test to find the Explosive power.
6. Define endurance.
7. What are the standard test for Agility?
8. Define cooper test.
9. Circuit training is to assess which motor quality.
10. Define suppleness.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Briefly explain the five forms of speed.
(or)
b. How the speed is importance in regards with your sport.
- 12.a. What do you mean by circuit training?
(or)
b. Explain briefly about sand training and its importance.
- 13.a. What are the factors to be determining the endurance?
(or)
b. Briefly explain the interval training.
- 14.a. What are the factors determining the flexibility.
(or)
b. Name traits of the coordinative abilities.
- 15.a. Aim and objectives of Warming up
(or)
b. How to assess the mental aspects during high intensity work.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Define reaction ability and explain the means and methods of developing the reaction speed in regards your game/sport.
17. How to develop the specific strength endurance – Explain in Detail.
18. What is the difference between the fartlek and varied phase method training and explain any one of the training in detail.
19. Define flexibility and explain how the specific flexibility helps to achieve high performance.
20. Explain how the warming up and cool down exercise is necessary for any activity in detail and make 15 minutes specific warming up programme.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: BC16505

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

**SYSTEM OF PLAY AND FUNCTIONAL TRAINING SPECIFIED
SPORT/GAME**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define team training.
2. Define skill.
3. What is system of play?
4. Name four motor qualities.
5. Define set play.
6. Define individual training.
7. What are the standard test for flexibility?
8. Name two environmental situation.
9. Define minor games.
10. Define friendly match.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

11. a. Briefly explain the importance of strategy.
(or)
b. What are the factors affecting strategy?

12. a. What do you mean by system of play?
(or)
b. list down the importance of system of play.

13. a. What are the factors to be analysed during match?
(or)
b. Environmental factors - Explain.

- 14 a. Briefly explain the defensive set plays in regards your game.
(or)
b. How to assess the key players.

- 15.a. What is the aim of phase practice?
(or)
b. Explain the match related practice.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. Explain the role of the coach during match in regards with Strategy.

17. Explain the different methods of system of play and its Formation.

18. What is the importance of functional training? Explain the two functional training related your game/sport.

19. Explain the following i) strong and weak players ii) importance of set play.

20. Explain five minor games related your game/sport in detail.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: BC16503

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

**PERSONALITY DEVELOPMENT AND COMMUNICATION
SKILL**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define Personality.
2. Meaning of self-development.
3. Define sports communication.
4. What do you mean by value?
5. Define motivation.
6. Define sports psychology.
7. Meaning of yoga.
8. Define the term "short term goal".
9. List down behaviors of the audience.
10. Define the term "time-management".



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

11. a. List down the guidelines for good personality.
(or)
b. Briefly explain the concept of personality.
12. a. What are the ways to improve the human values?
(or)
b. Write down the career rules of time management.
13. a. Briefly explain the benefits of yoga.
(or)
b. what are the therapeutical value of Yoga?
14. a. List down the various methods communication.
(or)
b. What are the basic communication skills?
15. a. What are the barriers of real communication?
(or)
b. Briefly explain the audience and psychology.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. How will you improve your personality in the field of sport and its importance?
17. Explain the means and methods of enhancing the time management.
18. Explain the physiological and psychological benefits of yoga?
19. Explain the presentation technique in detail.
20. How to achieve the goal through the systematic approach.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: 17501

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER
KINESIOLOGY AND BIO - MECHANICS**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define Bio Mechanics.
2. Name the types of Motion.
3. Define III law of motion.
4. Define kinesiology.
5. Define planes.
6. Define velocity.
7. Define Center of gravity.
8. Define velocity and acceleration relation.
9. Meaning of displacement.
10. Name two advantages of force.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Importance kinesiology in sports.
(or)
b. List down the basic movements in kinesiology.
12. a. Define stability and its importance.
(or)
b. Briefly Explain the concept of force.
13. a. Name three major muscles and briefly explain any one of the muscles origin and insertion.
(or)
b. Define joint and briefly explain the ball and socket joint movements.
14. a. Calculate the final velocity when the acceleration is 10m per sec square and the time taken is 20 seconds.
(or)
b. Briefly explain, how the bio mechanics helps the coaches.
15. a. Prove $f = m \times a$
(or)
b. Define lever and briefly explain its types.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the kinesiology is importance for higher performance in sports.
17. Describe the Newton's Law of Motion in detail.
18. Explain the Speed, velocity and acceleration relation in detail.
19. How the anatomical structure helps for movement analysis.
20. Explain the projectile motion and its importance in sports.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: 17502

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019**

**FIFTH SEMESTER
ANTHROPOMETRY SPORTS PEDAGOGY AND TALENT
IDENTIFICATION**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define sports pedagogy.
2. Define peripheral vision.
3. Define scouting.
4. Define sports anthropometry.
5. Name two sports Psychological test.
6. Define two dimensional profile.
7. Name four physical attributes.
8. Purpose of measurement.
9. Name two skill test related your game.
10. Define perfection years.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

- 11 a. Importance of sports Anthropometry.
(or)
b. List down the different places of measurement.
12. a. Briefly explain the five methods of scientific teaching.
(or)
b. Importance of Sports Pedagogy.
13. a. Explain the importance of Talent identification.
(or)
b. Explain the multi-dimensional predication of sports performance.
14. a. Briefly explain any two skill test related your game with testing procedure.
(or)
b. Explain the importance of vision.
15. a. Explain how the parental support helps in sports.
(or)
b. Briefly explain the assessment of Psychological skill.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. How the kine Anthropometry helps to achieve the high level Performance in sport.
17. Explain the principles of sport pedagogy.
18. Explain the various phases of identification of talents.
19. Name any three physical attributes with testing procedure.
20. Explain the different stages of Identify the talents.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: 17503

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

**PERSONALITY DEVELOPMENT AND COMMUNICATION
SKILL**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define Personality.
2. Meaning of self-development.
3. Define sports communication.
4. What do you mean by value?
5. Define motivation.
6. Define sports psychology.
7. Meaning of yoga.
8. Define the term "short term goal".
9. List down behaviors of the audience.
10. Define the term "time-management".



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

11. a. List down the guidelines for good personality.
(or)
b. Briefly explain the concept of personality.
12. a. What are the ways to improve the human values?
(or)
b. Write down the career rules of time management.
13. a. Briefly explain the benefits of yoga.
(or)
b. what are the therapeutical value of Yoga?
14. a. List down the various methods communication.
(or)
b. What are the basic communication skills?
15. a. What are the barriers of real communication?
(or)
b. Briefly explain the audience and psychology.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. How will you improve your personality in the field of sport and its importance?
17. Explain the means and methods of enhancing the time management.
18. Explain the physiological and psychological benefits of yoga?
19. Explain the presentation technique in detail.
20. How to achieve the goal through the systematic approach.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: 17504

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

SPECIFIC MOTOR QUALITIES OF SPECIFIED SPORT/GAME

DURATION:3Hrs

MAX.MARKS: 75

**PART-A (10X2=20)
ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. List down motor qualities.
2. Define Strength endurance.
3. Importance of warm up.
4. Name four physical fitness components.
5. Name two test to find the Explosive power.
6. Define endurance.
7. What are the standard test for Agility?
8. Define cooper test.
9. Circuit training is to assess which motor quality.
10. Define suppleness.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All questions
All questions carry equal Marks

11. a. Briefly explain the five forms of speed.
(or)
b. How the speed is importance in regards with your sport.
- 12.a. What do you mean by circuit training?
(or)
b. Explain briefly about sand training and its importance.
- 13.a. What are the factors to be determining the endurance?
(or)
b. Briefly explain the interval training.
- 14.a. What are the factors determining the flexibility.
(or)
b. Name traits of the coordinative abilities.
- 15.a. Aim and objectives of Warming up
(or)
b. How to assess the mental aspects during high intensity work.

PART - C (3X10=30)
Answer Any Three questions
All questions carry equal Marks

16. Define reaction ability and explain the means and methods of developing the reaction speed in regards your game/sport.
17. How to develop the specific strength endurance – Explain in Detail.
18. What is the difference between the fartlek and varied phase method training and explain any one of the training in detail.
19. Define flexibility and explain how the specific flexibility helps to achieve high performance.
20. Explain how the warming up and cool down exercise is necessary for any activity in detail and make 15 minutes specific warming up programme.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

NAME:

REGISTER NO.:

Subject Code: 17505

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
APRIL-2019
FIFTH SEMESTER**

**SYSTEM OF PLAY AND FUNCTIONAL TRAINING SPECIFIED
SPORT/GAME**

DURATION :3Hrs

MAX.MARKS: 75

PART-A (10X2=20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define team training.
2. Define skill.
3. What is system of play?
4. Name four motor qualities.
5. Define set play.
6. Define individual training.
7. What are the standard test for flexibility?
8. Name two environmental situation.
9. Define minor games.
10. Define friendly match.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

11. a. Briefly explain the importance of strategy.
(or)
b. What are the factors affecting strategy?

12. a. What do you mean by system of play?
(or)
b. list down the importance of system of play.

13. a. What are the factors to be analysed during match?
(or)
b. Environmental factors - Explain.

- 14 a. Briefly explain the defensive set plays in regards your game.
(or)
b. How to assess the key players.

- 15.a. What is the aim of phase practice?
(or)
b. Explain the match related practice.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. Explain the role of the coach during match in regards with Strategy.

17. Explain the different methods of system of play and its Formation.

18. What is the importance of functional training? Explain the two functional training related your game/sport.

19. Explain the following i) strong and weak players ii) importance of set play.

20. Explain five minor games related your game/sport in detail.

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

SubjectCode:UEN18CT101

**B.Sc EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION**

APRIL – 2019

FIRST SEMESTER

BASIC HUMAN ANATOMY AND PHYSIOLOGY-I

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define cell.
2. Name the types of connective tissue?
3. What is Hemoglobin and write the normal value.
4. Write the different Blood Group and types.
5. Name the Bone of face.
6. Define is Flexion and Extension of joints.
7. What is Alveoli?
8. Name the internal respiratory tract?
9. Define Heart rate.
10. What is Stroke volume?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Write about the structure of Human Cell.
(or)
b. Classify Epithelial tissue. Explain with Diagram?
- 12a. Write about Coagulation of blood?
(or)
b. Name the plasma protein and Write their Functions?
- 13a. Classify joints. Explain each one of them.
(or)
b. Draw a diagram of skeletal system and name the Bones?
- 14a. What are the functions of Respiratory system.
(or)
b. Describe about Upper respiratory tract.
- 15a. Define systolic and Diastolic Blood Pressure and Explain?
(or)
b. Write about various types of circulation?

PART – C (3x10=30)

**Answer any Three Questions
All Questions Carry Equal Marks**

16. With neat diagrams Describe about Mitotic Cell Division.
17. Discuss about Composition of Blood.
18. Explain about the types of Bones with examples?
19. Elaborate on Mechanism of Respiration?
20. Draw structure of Heart and Explain?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

SubjectCode:UEN18CT201

B.Sc EP&E DEGREE EXAMINATION, NOVEMBER 2019

SECOND SEMESTER

BASIC HUMAN ANATOMY AND PHYSIOLOGY-II

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Write about tongue.
2. Name the various types of Teeth?
3. What are the secretions of Adrenal cortex?
4. Write the different hormones secreted by ovaries.
5. Write various parts of Hind brain.

6. Expand CNS and PNS?

7. What is Corpus leuteum?

8. Define sperm?

9. Write any two function of skin.

10. Define Nephron.

PART - B

(5x5=25)

Answer All Questions

All Questions Carry Equal Marks

11a. Describe about Pancreas and its Function?

(or)

b. Classify Salivary glands. Explain its functions?

12a. Write about the structure and function of Thyroid gland?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

(or)

b. Discuss about Thymus gland and Write its Functions?

13a. Write the function of Cerebrum and Cerebellum?

(or)

b. Draw a diagram and explain about Reflex Action?

14a. Write about Menstrual cycle

(or)

b. Describe about male reproductive organ

15a. Explain the structure of kidney with a diagram?

(or)

b. Write about Ear and its function?

Answer any Three Questions

All Questions Carry Equal Marks

16. Draw a neat diagram of Gastro intestinal tract label its parts. Write the secretions in various parts of GIT.

17. Discuss about Pituitary gland its function.

18. Explain difference between sympathetic and para-sympathetic nervous system.

19. Describe about female reproductive organ with a diagram?

20. Draw structure of Eye and Explain?

PART - C (3x10=30)



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CRITERIA 2 TEACHING LEARNING AND EVALUATION



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

QP-2

**B.Sc EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION
APRIL - 2019
FIRST SEMESTER
BASIC HUMAN ANATOMY AND PHYSIOLOGY-I
Subject Code: 12101
Max.Marks : 75**

Duration: 3 Hours

PART - A (10x2=10)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Tissue
2. Define Mitochondria?
3. Name the proteins present in plasma
4. What is clotting of blood.
5. Name the Bone of Upper limb.
6. Define is circumduction.
7. Define Vital capacity
8. Name the External respiratory tract?
9. Define artery
10. What is portal circulation?

PART - B (5x4=20)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Write about the Mitotic cell division
(or)
- b. Classify Epithelial tissue. Explain with Diagram?
- 12a. Write about o blood grouping and typing?
(or)
- b. Name the plasma protein and Write their Functions?
- 13a. Classify Bones according to their shape and Explain.
(or)
- b. Draw a diagram of skeletal system and name the Bones?
- 14a. What are the functions of Respiratory system
(or)
- b. Describe about Upper respiratory tract
- 15a. Define Blood Pressure and Explain?
(or)
- b. Write about systemic circulation and draw diagram?

P.T.O.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - C (3x10=30)

**Answer any Three Questions
All Questions Carry Equal Marks**

16. With neat diagram Describe about structure of Cell.
17. Discuss about structure and functions of blood cells.
18. Explain about the types of Joints with examples?.
19. Elaborate on structure of Lung?
20. Draw structure of Heart and Explain?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

SubjectCode:12101

**B.Sc EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION
APRIL – 2019**

**FIRST SEMESTER
BASIC HUMAN ANATOMY AND PHYSIOLOGY-I**

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define cell.
2. Name different muscular tissue.
3. Define blood.
4. What is hemoglobin?
5. What is immovable joint?
6. Give example for slightly movable joint.
7. Define Alveoli?
8. What is inspiration and expiration?
9. Define pulse.
10. What is cardiac output?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Write about the structure and function of cell.
(or)
b. Explain about Epithelial tissues.
- 12a. Write about clotting of blood.
(or)
b. Explain about various blood grouping and typing.
- 13a. Write the function of skeletal system.
(or)
b. What is synovial joint? Write its types and explain with example?
- 14a. Write about the upper respiratory tract.
(or)
b. Explain about the structure of lung.
- 15a. Write about systemic circulation.
(or)
b. What is blood pressure? Write the procedure to take blood pressure.

PART – C (3x10=30)

**Answer any Three Questions
All Questions Carry Equal Marks**

16. Elaborate on Mitotic Cell Division.
17. Explain about composition of blood.
18. Classify joints.
19. Write about the mechanism of respiration?
20. With a diagram. Explain the structure of Heart.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **12301**

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION
April 2019
THIRD SEMESTER**

BIOLOGICAL BASIS OF PHYSICAL EDUCATION

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Name any two need of physical education.
2. Define Physical Education.
3. Define Development.
4. List any three growth abnormalities.
5. Define Sports.
6. Write any two benefits of sports for growth.
7. Define Environment.
8. Define Mental age.
9. Define Endomorph.
10. Define Anthropometry.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Enumerate the scope of Physical Education.
(or)
b. List out the importance of physical education for modern society.
- 12a. Discuss the concept of motor and social development in detail.
(or)
b. Describe the need for studying growth and development.
- 13a. Explain the growth and developmental changes in childhood.
(or)
b. Discuss the biological characteristics of adolescent.
- 14a. Explain the sex difference in relation to sports and physical activity.
(or)
b. Differentiate Anatomical and chronological age.
- 15a. Describe kretchmer's classification.
(or)
b. Explain the concept of reciprocal innervation.

PART – C (3x10=30)
Answer ANY THREE questions.
All questions carry equal marks

16. Discuss the relationship of physical education with biological systems of human body in detail.
17. Describe the principles of growth and development in detail.
18. Explain the various stages of growth and development in detail.
19. Describe the effect of heredity and environment to growth and development in detail.
20. Explain sheldon's classification in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **12302**

**B.Sc. EXERCISE PHYSIOLOGY DEGREE EXAMINATION
APRIL - 2019
THIRD SEMESTER**

KINESIOLOGY

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Kinesiology.
2. Define Physical Education.
3. What do you understand about muscle Fascicules?
4. Define Myosin.
5. State the meaning of origin of muscle.
6. Origin of Pectoralis Major Muscle.
7. Origin of Gluteus Medius muscle.
8. Action of Infraspinus muscle.
9. What do you mean by Cadence?
10. Define Acceleration phase.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Explain the need of kinesiology in sports and exercise.
(or)
b. Describe the scope of kinesiology in detail.
- 12a. Discuss the structure and function of Cardiac muscle.
(or)
b. Explain the difference between Fast Oxidative Glycolytic and Slow Oxidative Muscle Fibres.
- 13a. Explain the origin, insertion and action of Biceps in detail.
(or)
b. Explain the origin, insertion and action of Latismus Dorsi in detail.
- 14a. Explain the origin, insertion and action of Supraspinatus in detail.
(or)
b. Explain the origin, insertion and action of Rectus Femoris muscle in detail.
- 15a. Give a detailed account of analysis of Stance phase of Walking.
(or)
b. Discuss the concept of analysis of jumping in detail.

PART – C (3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Discuss the role, history and importance of kinesiology in exercise physiology and nutrition.
17. Discuss the types of muscle fibres and their significance in detail with suitable example.
18. Describe the origin, insertion, nerve supply and action of Trapezius and Deltoid muscles.
19. Describe the origin, insertion, nerve supply and action of hamstring muscle in detail.
20. Discuss the kinesiological analysis on phases of running in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12401

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019**

FOURTH SEMESTER

EXERCISE FOR SPECIAL POPULATION

Duration: 3 Hours

Max.Marks: 75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Health.
2. Stroke volume.
3. Resting heart rate.
4. Blood pressure.
5. Osteoporosis.
6. Hydrotherapy.
7. Ageing.
8. Kegels exercise.
9. MHR.
10. Tidal volume.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the role of aerobic fitness in obese adults.
(or)
b. Write a note on effect of anaerobic fitness on adults.
- 12a. Write a note on exercise and menstrual cycle.
(or)
b. Discuss the importance of pre and post natal exercise.
- 13a. Explain the physiological changes in elderly and advice exercise for it.
(or)
b. Discuss the exercise to improve strength in geriatric patients.
- 14a. Briefly explain the basic physiology behind aerobic fitness.
(or)
b. Explain the importance Of core training in Athletes.
- 15a. Discuss about adolescent training in detail.
(or)
b. Briefly explain about the precaution during geriatric training.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the importance of aerobic fitness and strength training in obese adolescence.
17. Explain the physical and physiological effect of exercise in women athlete.
18. Explain importance of exercise in elderly in relation to age related physical and physiological changes.
19. Describe the physiological changes in pregnant women and advice suitable exercises.
20. Describe the risk of obesity in adolescence and various ways to overcome it.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12402

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019
FOURTH SEMESTER**

THEORIES OF SPORTS AND GAMES-I

Duration: 3 Hours

Max.Marks: 75

PART - A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. What is Libero in volleyball?
2. Write down the measurement of net and post of volleyball.
3. Write down the minimum and maximum number of players needed to begin a football team.
4. What is throw-in in football?
5. Write down the measurement of hockey stick and ball.
6. What is penalty stroke in hockey?
7. Write about basketball free throw.
8. Write down the duration of the basketball game.
9. Write down the measurement of stump and bail.
10. List down the equipment's used by the batsman.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Part- B (5X5=25)

**Answer all questions
All questions carry equal marks**

11. (a) How to score a point, set and match in volleyball game?
Or
(b) Explain the mechanism of officiating in volleyball.
12. (a) State any 5 duties of football referee.
Or
(b) Explain the following
 - i. A penalty kicks
 - ii. Goal Kick
 - iii. Method of scoring
13. (a) State any 6 duties of an umpire in a game of hockey.
Or
(b) Explain the following in Hockey
 - i. Scooping
 - ii. Dribbling
 - iii. Penalty corner
 - iv. Stick and ball
14. (a) Explain number of players, equipment and uniform used in the game of football .
Or
(b) Explain the following time rules:
 - i. A 24 Second rule
 - ii. A 8 Second rule
 - iii. A 3 Second rule
15. (a) Briefly explain the following terms in cricket
 - i. An LBW
 - ii. A Hit- Wicket
 - iii. A run-out
 - iv. A Stump out
Or
(b). Briefly explain the following terms
 - i. A wide ball
 - ii. A no ball
 - iii. Measurement of stump and bails

PART – C (3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Draw the construction and measurement of volleyball court, post and net.
17. Draw and write the following in football
 - i. The length and breadth of the field
 - ii. Fouls and misconduct
 - iii. Duration of the game, start and restart
 - iv. The dimension of the penalty area and goal area
18. Draw the construction and measurement of basketball court, back board and ring.
19. Draw the construction and measurement of Hockey field and goal post.
20. Enumerate any 5 laws in cricket.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12504

B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION

DEGREE EXAMINATION, APRIL - 2019

FIFTH SEMESTER

CLINICAL DIETICS

Duration: 3 Hours

Max.Marks:75

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Clinical Dietetics.
2. Liver.
3. Haemodialysis.
4. Dietetics.
5. Anorexia Nervosa.
6. Irritable Bowel Syndrome.
7. Ambulatory peritoneal dialysis.
8. Diarrhoea.
9. Enteral Feeding.
10. Parental nutrition.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

11. (a) Explain the methods of control measures Food borne Infections.
Or
(b) Explain the causes of liver damage.
12. (a) Brief the Causes of chronic renal failure.
Or
(b) List down the dietary intervention for acute renal failure.
13. (a) Explain the Anorexia nervosa.
Or
(b) Brief out the mal absorption syndrome.
14. (a) list down the nutritional status for patient admitted in the hospital.
Or
(b) Explain the dumping syndrome and its dietary guidelines.
15. (a) Mention Special feeding methods for infant babies.
Or
(b) Explain the feeding requirements for new-born babies.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss in detail Food borne infections.
17. Discuss hemodialysis and continuous ambulatory peritoneal dialysis.
18. Discuss the types of diabetes, causes and its dietary guidelines.
19. Discuss the methods of bio chemical measures used in hospitalized.
20. Discuss the different methods of baby feeding.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12502

**B.Sc EXERCISE PHYSIOLOGY AND NUTRITION DEGREE
EXAMINATION, APRIL 2019
FIFTH SEMESTER
EXERCISE BIOCHEMISTRY**

Duration: 3 Hours

Max.Marks : 75

PART – A
(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Anabolism.
2. What is the different between plasma and serum?
3. Define Glycogenolysis.
4. What is Creatine Phosphate?
5. What is apoprotein?
6. Give two examples for Fatty acid.
7. Explain how Urea is formed by the Liver.
8. Name 2 substances that needs Iron for their formation.
9. What is the normal PH value of ECF?
10. Give one example for Volatile and Non-Volatile acid.



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PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Why Exercise Bio-Chemistry is essential for the field of Exercise Physiology- Discuss.
(Or)
b. With a neat diagram describe about the structure and function of Mitochondria.
- 12a. Expand ATP, ADP and AMP. Write the steps that occur during energy is released from ATP and AMP.
(Or)
b. Write about the Function of Dehydrogenases and Nicotinamide Adenine Dinucleotide in Causing Release of Hydrogen Atoms.
- 13a. What are the components of triglycerides and explain the steps during hydrolysis.
(Or)
b. Classify Lipoprotein and Explain about their Importance and functions.
- 14a. Explain about the various functions of plasma proteins.
(Or)
b. Elaborate on Myoglobin and its function.
- 15a. Discuss about Bicarbonate buffer system.
(Or)
b. Elaborate on Phosphate buffer system.

PART – C (3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Discuss about the composition of plasma.
17. Explain in details about Citric acid cycle.
18. Write about the role of Fat in energy metabolism.
19. Draw a neat diagram explain about the structure and formation of Haemoglobin.
20. Describe about Metabolic acidosis and alkalosis.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12602

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019
SIXTH SEMESTER**

TRAINING AND PERFORMANCE

Duration: 3 Hours

Max.Marks:75
(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define Training.
2. Meaning of interval training?
3. What is anaerobic power?
4. What is anaerobic capacity?
5. Define power.
6. Define Resistance training.
7. What is Retraining?
8. What is Overtraining?
9. Define Flexibility.
10. What is lactate threshold?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. a. Explain the volume of training and intensity of training of aerobic system.
Or
b. Explain the physiological changes in Anaerobic system changes due to training.
12. a. Explain ATP-PC System and glycolytic system.
Or
b. Explain the adaptation of muscle.
13. a. Explain the mechanism and neural control of strength gain.
Or
b. Explain the basic principles of resistance training.
14. a. Briefly explain the Interval training and Continuous training.
Or
b. Explain the tapering for peak performance.
15. a. Briefly explain the training to improve muscular strength.
Or
b. How will you develop muscular endurance through retraining?

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain in detail about the training to develop aerobic system.
17. Explain the different method of training to develop anaerobic system.
18. Briefly explain the training to improve muscular resistance training.
19. Explain the overtraining syndrome. Write the signs and symptoms of overtraining?
20. Explain the retraining and its effect on speed, agility, flexibility and cardio respiratory endurance.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: 12603

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL – 2019
SIXTH SEMESTER**

**COMPUTER APPLICATION IN EXERCISE PHYSIOLOGY AND
NUTRITION**

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define computer.
2. CPU.
3. Hardware.
4. List the output devices in computer.
5. What is template in PowerPoint?
6. Internet explorer.
7. Two uses of email.
8. What is byte?
9. List out the input devices.
10. Gigabyte



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11 a. Explain the input and output devices in computer

(Or)

b. Discuss about the different types of computer

12 a. Discuss the advantages of MS-Excel

(Or)

b. Explain the importance of Ms-Word

13 a. Write short notes on

- i) Email
- ii) Text chatting

(Or)

b. Discuss the types of internet connections

14 a. Explain computer memory in detail.

(Or)

b. Discuss high level language with suitable example.

15 a. Describe PPT slide with a flow chart

(Or)

b. Explain print option and their properties.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Write in detail about history and evolution of computers.

17. In detail, discuss the important features of power point presentation.

18. Explain types of computer in detail.

19. Discuss the role of nutrition software's to boost the human longevity and betterment of the society.

20. Write short notes on

- i) Scanning
- ii) Internet explorer
- iii) Statistical application

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code:12604

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019
SIXTH SEMESTER**

FIRST AID AND SPORTS INJURIES AND PHYSIOTHERAPY

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2= 20)
Answer All Questions
All Questions Carry Equal Marks

1. Name any four protective equipment's.
2. Define Flexibility.
3. Define Sports Injury.
4. List any three injuries to lower limb in sports.
5. Define dislocation.
6. Write the meaning of Sprain.
7. Define Massage.
8. Define Ergnomics.
9. Define Kennys packs.
10. List any two superficial heating agents.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Enumerate the benefits of warm up and cool down.
(Or)
b. List out the principles of rehabilitation.
- 12a. Discuss the features and management of Spine fracture in detail.
(Or)
b. Describe PRICER in detail.
- 13a. Explain the immediate management for fracture.
(Or)
b. Differentiate Sprain and Strain.
- 14a. Explain the manipulations in massage therapy.
(Or)
b. Discuss the methods of treatments available in physiotherapy.
- 15a. Describe the uses of Infra-Red Radiation therapy?
(Or)
b. Explain the physiological benefits of Wax therapy.

PART - C (3x10=30)
Answer ANY THREE questions.
All questions carry equal marks

16. Discuss the types of stretching in detail.
17. Describe the causes, clinical features and immediate care for ankle sprain in detail.
18. Explain the causes, clinical features and immediate care for shoulder dislocation in detail.
19. Describe the various methods of application of cryotherapy in detail.
20. Explain the Deep heating agents in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: UEN18AE201

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019
SECOND SEMESTER**

ENVIRONMENTAL STUDIES

Duration: 3 Hours

Max.Marks: 75

(10x2=20)

PART – A

Answer All Questions

All Questions Carry Equal Marks

1. Define Environment.
2. What is Biosphere?
3. What are non-renewable resources?
4. What is hydropower?
5. What is water pollution?
6. What are the effects of air pollution?
7. What is sustainable development?
8. What is water conservation?
9. What is population explosion?
10. What are human rights?



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PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Discuss the scope of environmental studies.
(Or)
b. What is the need of awareness about environment?
- 12a. Discuss the uses of forests.
(Or)
b. Discuss the benefits and problems of big dams.
- 13a. Explain about the noise pollution during Diwali.
(Or)
b. Discuss the effects of thermal pollution.
- 14a. Discuss the methods of rainwater harvesting.
(Or)
b. Discuss the impact of global warming.
- 15a. Explain how family welfare programme is important for Environment.
(Or)
b. Discuss the importance of value based environmental Education.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. In detail explain the elements of environment.
17. Write short notes on:
a) Wind energy b) hydro energy.
18. Discuss about the indoor air pollution.
19. Discuss the methods of water conservation.
20. Explain the importance of environment in human health.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

USE SEPARATE MAINSHEET FOR SECTION I, II AND III

Name:

Register No:

Subject Code: 13202

M.Phil., EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION

APRIL - 2019

SECOND SEMESTER

COMPUTER OPERATION, COMMUNICATIVE AND
EDUCATIONAL SKILLS

Duration: 3 Hours

Max. Marks: 60

SECTION - I

Max. Marks:22

COMPUTER OPERATION (UNITS - I & II)

PART - A

(4x1=4)

Answer All Questions

All Questions Carry Equal Marks

1. Distinguish Hardware and Software.
2. Expand 'WWW'
3. Write any two popular search engines
4. Write any two uses of 'Visual Basic'

PART - B

(2x4=8)

Answer All Questions

All Questions Carry Equal Marks

5. (a) Briefly explain 'LAN and WAN'
(or)
(b) Briefly explain about the web pages and web servers.
6. (a) Write short notes on simple calculations in Spread sheet with example.
(or)
(b) Write short notes on "SQL" statements with examples.

PART - C

(1x10= 10)

Answer the Following

- 7 (a) Discuss the methods of collecting research literature through internet resources with examples.



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- (or)
(b) Enumerate the uses of power point presentation and also explain the methods to prepare with suitable illustrations.

22 **SECTION – II Max. Marks:**

**COMMUNICATIVE (UNITS – III & IV)
PART – A (4x1=4)**

**Answer All Questions
All Questions Carry Equal Marks**

8. Define "Communication".
9. Write any two barriers of communication.
10. Define 'Soft Skills'.
11. Write any two uses of 'Listening Skill'.

Part – B (2x4=8)

**Answer All Questions
All Questions Carry Equal Marks**

12. (a) Briefly explain the methods of report writing.
(or)
(b) Write short notes on the steps involved in Note Making.
13. (a) Briefly explain "Group discussion".
(or)
(b) Write short notes on the steps involved in the preparation for interview.

PART – C (1x10= 10)

Answer the Following

14. (a) Enlist the type and role of communication in detail.
(or)
(b) Explain the following related to Presentation skills
(i) Body Language (ii) Speaking (iii) Pronunciation
(iv) Structuring Presentation

SECTION – III Max. Marks: 16

EDUCATIONAL SKILLS (UNIT –V)

Part – A (2x1=2)

Answer all questions

All questions carry equal marks

15. Define 'Pedagogy'.
16. Write down the meaning of the term 'Life Skills'.

PART – B (1x4=4)

Answer The Following

17. (a) Write short notes on Educational Psychology'.
(or)
(b) Write short notes on Modern Education and Skill Development.

PART – C (1X10= 10)

Answer the Following

18. (a) Explain any two theories of Pedagogy.
(or)
(b) Discuss issues and challenges in the Indian Higher Education.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **UEN18CT101**

**B.Sc. EXERCISE PHYSIOLOGY DEGREE
EXAMINATION
APRIL 2019
FIRST SEMESTER
BASIC ANATOMY AND PHYSIOLOGY - I**

Duration: 3 Hours

Max.Marks : 75

**PART - A (10x2=20)
Answer All Questions
All Questions Carry Equal Marks**

1. Define Cell.
2. Define stratified epithelium.
3. What do you understand about Blood clotting?
4. Define Rh factor.
5. State the meaning of sesamoid bone.
6. Define flexion.
7. Define Tidal volume.
8. What do you mean by Diffusion?
9. Define Heart sound.
10. Mention the the blood vessels in human body.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the concept of cell division.
(or)
b. Describe the types of tissues and explain any one tissue of your choice.
- 12a. Discuss the types of blood cells and their functions.
(or)
b. Explain the Blood grouping in detail.
- 13a. Explain the types of bones with example in detail.
(or)
b. Explain the fundamental movements of body in detail.
- 14a. Explain the control of respiration in detail.
(or)
b. Explain the pulmonary capacities in detail.
- 15a. Give a detailed account of Blood pressure and its significance.
(or)
b. Discuss the function of Lymphatic system in detail.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Draw a labeled diagram of Human cell and explain the function of nucleus and mitochondria.
17. Explain the mechanism of blood coagulation in detail.
18. Draw a labeled diagram of Synovial joint and explain the characteristics in detail.
19. Draw a labeled diagram of Respiratory tract. Explain the mechanism of respiration in detail.
20. Draw a labeled diagram of Human heart and explain the types of circulation in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: UEN18CT102

**B.Sc. EXERCISE PHYSIOLOGY AND NUTRITION
DEGREE EXAMINATION, APRIL - 2019**

FUNDAMENTALS IN FOOD SCIENCE

Time: 3 Hours

Max. Marks: 75

PART – A

(10x2=20)

Answer all Questions

All questions carry equal marks

1. Define the term Malnutrition.
2. Define Balance Diet.
3. Write a note on Boiling cooking.
4. What is Food safety?
5. Define the term Milling.
6. Write down the Nutritive value of Rice.
7. List down the Classification of Vegetables.
8. List down the Milk Products.
9. Define the term Hydrogenation.
10. Meaning of Margarine.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

Answer all Questions
All questions carry equal marks

- 11a. Discuss the Physiological functions of food.
Or
b. Enumerate the History of Nutrition.
- 12a. Discuss the Microwave cooking Method.
Or
b. Briefly explain the Pressure cooking Method.
- 13a. Discuss the role of Cereals in Cookery.
Or
b. Briefly explain the fermented cereal products.
- 14a. Describe the need for inclusion of fruits and vegetables on the day' s menu.
Or
b. Explain the nutritive values of nuts.
- 15a. Explain in detail about the milk and milk products.
Or
b. Give a detailed account on the uses of egg in cookery.

PART – C (3x10=30)

Answer any THREE Questions
All questions carry equal marks

16. Discuss the nutritional status assessment.
17. Discuss the types of moist heat method of cooking and explain the merits and demerits.
18. Give a detailed account on the different types of processed cereal products?
19. Enumerate the Nutrient content of vegetables and fruits.
20. Enumerate the types of Processed Milk and explain the physical properties of Milk.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code **UEN18CT103**

B.Sc. EXERCISE PHYSIOLOGY DEGREE EXAMINATION

APRIL 2019

FIRST SEMESTER

HEALTH EDUCATION

Duration: 3 Hours

Max.Marks : 75

PART - A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Health.
2. Define Sleep Hygiene.
3. What do you mean by morbidity and mortality?
4. Define Immunity.
5. State the abbreviation of WHO and UNICEF.
6. Define Disease.
7. Define Medicine.
8. What do you mean by Habit forming drugs?
9. Define Depression.
10. Mention any three neuro transmitters of human body.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain the Health Promoting Behaviors in detail.
(or)
- b. Describe the role of personal hygiene in Physical education and Sports.
- 12a. Discuss the importance of Immunization schedule.
(or)
- b. Explain the importance of Primary Health Care in India.
- 13a. Explain the function of UNICEF in detail.
(or)
- b. Explain the significance of World health day.
- 14a. Explain the dangers of Self medication in detail.
(or)
- b. Compare and contrast Prescription and Non prescription drugs.
- 15a. Give a detailed account of importance of sex education for adolescence.
(or)
- b. Discuss the importance of Mental health in detail.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Discuss the role of National and International agencies in the promotion of Health Education.
17. Differentiate Communicable and NonCommunicable Diseases.
18. Discuss the role of World Health organization in detail.
19. Discuss the voluntary agencies working in the field of health education in detail.
20. Describe Eating disorders in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER 2018**

FIRST SEMESTER

ANATOMY AND PHYSIOLOGY

Duration: 3 Hours

Max.Marks : 75

PART – A

Answer All Questions

(10x2=20)

All Questions Carry Equal Marks

Define the following terms

1. Physiology.
2. Stratified Epithelium.
3. Actin.
4. Tendon.
5. Systole.
6. Pulse.
7. Inspiration.
8. Diffusion.
9. Nephron.
10. Hormones.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC16201

**B.SC.,IN SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
SECOND SEMESTER**

இலக்கியமும் மொழித்திறனும்

Duration: 3 Hours

Max. Marks:75

PART-A (10x2=20)

Answer All Question

All Question Carry Equal Marks

- 1.சிறுநிலக்கியங்கள் என்றால் என்ன?
- 2.தமிழ்விடு தூது யார் யாருக்கா அனுப்பியது?
- 3.மூக்கூடற்பள்ளு பெயர்க் காரணம் தருக?
- 4.பிள்ளைத்தமிழ்ப் பருவங்களின் பெயர்களைக் குறிப்பிடுக?
- 5.நந்திக்கலம்பகத்தை இயற்றியவர் யார்?
- 6.தமிழர்களின் வீர விளையாட்டுக்களின் பெயர்களைக் குறிப்பிடுக?
- 7.தமிழுக்குத் தொண்டாற்றி இஸ்லாமியர் இருவர் பெயர்களைக் குறிப்பிடுக?
- 8.குற்றாலக் குறவஞ்சியை இயற்றியவர் யார்?
- 9.பரணி இலக்கியம் குறிப்பு வரைக?



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10. பிழைநீக்கம் செய்க:

கண்ணன் பாடம் படித்தாள்.
ஆடு மேய்ந்தது.

PART-B (5x5=25)

Answer All Question

All Question Carry Equal Marks

11.(அ)நந்திவர்மனின் வீரச்சிறப்புக் குறித்துக் கட்டுரைக்க?

(அல்லது)

(ஆ)மூத்தப்பள்ளுவின் நாட்டுவளம் குறித்து எழுதுக?

12.(அ)கையறு நிலைப்பாடல் என்றால் என்ன?

(அல்லது)

(ஆ)தமிழ்மொழியின் பிறப்பு குறித்து விவரிக்க?

13.(அ) அரகூர் நாட்டின் இயற்கைச் சிறப்பு பற்றி எழுதுக?

(அல்லது)

(ஆ)குற்றால மலையின் உறவு மலைகள் குறித்து விவரிக்க?

14.(அ)தமிழுக்குத் தொண்டாற்றிய கறித்தவர்கள் குறித்து கட்டுரைக்க?

(அல்லது)

(ஆ)வேட்டையாடுதல் குறித்து விவரிக்க?

15.எவையேனும் ஐந்து விளம்பர வாசகங்களை உருவாக்குக:

அ.இயற்கையைக் காப்போம்

(அல்லது)

ஆ.போதை இல்லாத விளையாட்டு

PART-B (3x10=30)

Answer Any THREE Question

All Question Carry Equal Marks

16. திருக்குற்றால மலையின் இயற்கைவளம் குறித்து கட்டுரைக்க?

17.தமிழர் வாழ்வில் வீர விளையாட்டுக்கள் குறித்து விவரிக்க?

18.முக்கூடற்பள்ளுவின் நாட்டுவளம் குறித்துக் கட்டுரைக்க?

19.சிற்றிலக்கியங்களின் தோற்றமும் வளர்ச்சியும் குறித்து விவரிக்க?

20.பவிளையாட்டு வீரர் ஒருவரை நோக்கானல் செய்க?

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC16202

**B.SC. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
SECOND SEMEST**

ENGLISH – II

Duration: 3 Hours

Max.Marks: 75 Marks

PART – A (10x2= 20)
Answer All Questions
All Questions Carry Equal Marks

1. Ask your Parents permission to attend your friend's marriage in Madurai
2. You are bit a late to your Office due to traffic. Apolozize your manager.
3. Fill in the appropriate articles using the clues (a, an, the)
 - a. ----- Elephant is ----- useful animal
4. Use this Phrase 'get into' and frame a sentence.
5. Add Prefix to the words:
 - a. ----- responsible b. ----- operate
6. Introduce your friend Mr. Venkat from Dubai to your Wife.
7. Write any two Salutation words in letter writing.
8. Fill in the suitable propositions:
 - a. He is ----- office
 - b. I am fond ----- chocolates
9. Choose the correct verb:
 - a. He ----- coffee (drink/drinks)
 - b. I ----- to dance (love/loves)
10. Rearrange the words to frame a sentence
 - a. Scientist/ was/ Abdul Kalam/famous/a



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PART – B (5x5=25)

Answer All Questions

All Questions Carry Equal Marks

11. A) Your pet dog has messed up your neighbour's backyard.
Write a letter apologizing
To your neighbor
(OR)
- B) Write a letter to the manager of a Bank asking for Education Loan.
12. A) Translate in Tamil:
- Health is wealth
 - Where there is a way, there is a will
 - Make hay while the Sun shines
 - Too much of anything is good for nothing
 - All that glitters are not gold.
- (OR)
- B) Write down the recipe for 'how to make a tomato Rice'
13. A) Fill in the Suitable Modals: (can, Should, will, shall)
- No man ----- call back Yesterday
 - Law makers ----- not be law breakers
 - One never knows what the future ----- bring
 - people who live in glass houses ----- not throw stones
 - I ----- gladly do it for you
- (Or)
- B) Invite your friend for your forth coming 'Engagement'
14. A) Explain the gifts of India that nature has given to us as Sarojini Naidu says.
(or)
- B) Fill in the details in the Bank Challan . You have to pay the exam fees of Rs.850/-
In favour of the "Controller of Examination" Sports University, Vandallur, Chennai,

In any Nationalised Bank

15. A) Match the proverbs with their meaning:
- Manners maketh a man ----- Try to read as much as possible
 - Reading makes a man perfect --- Never rush up
 - Haste makes waste --- Be perfect and respect others
- (Or)
- B) Write a paragraph of your own " The Unforgettable moment" in your life.

PART – C (3x10=30)

Answer Any THREE Questions

All Questions Carry Equal Marks

- Explain the beauty of 'Ode to the West Wind' by Shelley.
- Narrate H.G. Wells the miracles a man could work.
- Write the summary of 'The Verger'.
- Comment on Sarojini Naidu 'The Gift of India'.
- Write a letter to your friend describing your reactions to the various acts of violence you are aware of.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC17203

**B.SC. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
SECOND SEMEST**

SCIENCE OF SPORTS TRAINING

DURATION : 3 HOURS

MAX. MARKS : 75

PART – A

(10X2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define sports training.
2. Name motor qualities.
3. Causes of over load.
4. Define suppleness.
5. What is training session.
6. Smallest plan.
7. Duration of transitional period.
8. How may transitional period for double periodization.
9. List out the types of endurance.
10. How to fix the intensity for strength training.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)

Answer All questions
All questions carry equal Marks

- 11 a. Briefly explain importance of sports training.
(or)
b. Importance of warming up and cool down exercises.
- 12 a. explain the over load principles .
(or)
b. List out causes of overload.
- 13 a. Importance of flexibility.
(or)
b. Explain the five forms of speed.
- 14 a. Briefly explain different traits of co coordinative abilities.
(or)
b. Explain briefly the importance of endurance.
- 15 a Explain the principles of planning
(or)
b. Explain briefly the Micro Meso and Macro Plan

PART - C 3X10 = 30

Answer Any Three questions
All questions carry equal Marks

16. Discuss the General Principles of sports Training.
17. Name the motor qualities and its importance in sports.
18. What are the factors determining flexibility.
19. Define strength and explain the means and methods of developing the strength .
20. Draw a programme with double periodization and its importance.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC16203

**B.SC. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
SECOND SEMEST**

SCIENCE OF SPORTS TRAINING AND CONDITIONING

DURATION : 3 HOURS

MAX. MARKS : 75

PART – A

(10X2= 20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define sports training.
2. Name motor qualities.
3. Causes of over load.
4. Define suppleness.
5. What is training session.
6. Smallest plan.
7. Duration of transitional period.
8. How may transitional period for double periodization.
9. List out the types of endurance.
10. How to fix the intensity for strength training.



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: BC16303

B.Sc SPORTS COACHING DEGREE EXAMINATION

NOVEMBER - 2018

THIRD SEMESTER

SPORTS MEDICINE AND NUTRITION

Duration: 3 Hours

Max.Marks: 75

PART – A

(10x2= 20)

Answer ALL Questions

All Questions Carry Equal Marks

1. What is Sports Medicine?
2. What is Personal Hygiene?
3. Define Abrasion?
4. What is Fracture?
5. What is menstrual cycle
6. Name the female reproductive hormones
7. Define Massage?
8. What is Blood Doping?
9. Give Example For Fat Soluble vitamins
10. What is Pregame Meal?



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5= 25)

**Answer All Questions
All Questions Carry Equal Marks**

11a. Explain about the preventive aspects of sports medicine?

(Or)

b. Write about the first aid an athlete with fits?

12a. What is laceration. How will you give first aid to laceration?

(Or)

b. What is Sprain and Strain? Explain how to massage?

13a. Explain about the anatomical factors? That effect

(Or)

b. Write about the physiological factors that

14a. Write the physiological effect of massage on muscles, and nervous system?

(Or)

b. Classify doping and elaborate in each one of them?

15a. Write short note on carbohydrate, as types and uses?

(Or)

b. Explain about balanced diet and its?

PART – C

(3x10= 30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. What are the measures you take to improve personal hygiene?

17. How will you give CPR?

18. Elaborate in the psychological factors? That effect women's sports performance?

19. Classify massage and explain in detail?

20. Classify various types of fat?



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No:

Subject code: BC16304

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018**

THIRD SEMESTER

**TECHNIQUE AND TECHNICAL DEVELOPMENT OR SPECIFIED
SPORTS / GAME**

Duration:3 Hours

Max.Marks:75

PART-A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Technique.
2. Write the movements without equipment / ball.
3. Write the positioning in your game.
4. Define – Technical training.
5. Complex training.
6. Meaning of pressure training.
7. Mental training.
8. Combine training.
9. Reflex time.
10. Movement time.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No : SubjectCode:BC16403

B.Sc SPORTS COACHING DEGREE EXAMINATION

NOVEMBER – 2018

SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT

DURATION : 3 HOURS

MAX. MARKS : 75

PART – A (10X2= 20)
Answer All Questions
All Questions Carry Equal Marks

1. Define sports Psychology.
2. Define Sociology.
3. Define Motivation.
4. Define personality.
5. Meaning of stress.
6. What do you mean by optimal arousal?
7. Define Extravert.
8. Name two psychological tests in sports.
9. Branches of Psychology.
10. Define audience effect.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11 a. List down the importance of Sports Psychology.
(or)
b. Briefly explain the branches of sports Psychology.
12. a. Discuss briefly the personality in sports.
(or)
b. Examine the inter personal relationship.
- 13 a. Briefly explain the types of motivation.
(or)
b. Explain briefly Achievement motivation.
- 14 a. How the sports sociology helps in sports.
(or)
b. Explain social group.
- 15 a. Describe socialization.
(or)
b. What is the nature of audience effect ?

PART - C 3X10 = 30
Answer Any Three questions
All questions carry equal Marks

16. How the Sports psychology helps the sports person to achieve top Performance.
17. Explain the following
i. short time memory ii. Temperament
18. Explain the various techniques in motivation and its role of motivation in sports.
19. Explain the importance and its role in sports Sociology.
20. Examine the following in detail i) community ii) culture

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No : SubjectCode:BC16404

B.Sc SPORTS COACHING DEGREE EXAMINATION

NOVEMBER – 2018

FOURTH SEMESTER

**TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED
SPORTS/GAMES**

DURATION: 3 HOURS MAX. MARKS: 75

PART – A (10X2 = 20)

**ANSWER ALL QUESTIONS
ALL QUESTIONS CARRY EQUAL MARKS**

1. Define strategy.
2. What is tactical ability?
3. Write any two attacking skills of your game.
4. Define skill.
5. What is Team tactics?
6. Write four tactical ability in your game.
7. Define group tactics.
8. What is positional play?
9. Define pep talk.
10. Define Sports Psychology.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No : SubjectCode:BC16501

**B.Sc SPORTS COACHING DEGREE EXAMINATION
NOVEMBER – 2018
FIFTH SEMESTER
KINESIOLOGY AND BIOMECHANICS**

DURATION : 3 HOURS

MAX. MARKS : 75

**PART – A (10X2= 20)
Answer All Questions
All Questions Carry Equal Marks**

1. Define Sports Bio Mechanics.
2. Name the types of Motion.
3. Define impulse.
4. Define kinesiology.
5. Define planes.
6. Define velocity.
7. Define Center of gravity.
8. Define III law of motion.
9. Meaning of displacement.
10. Name two advantages of force.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5=25)

Answer All questions
All questions carry equal Marks

- 11 a. Importance kinesiology in sports.
(or)
b. List down the basic movements in kinesiology.
- 12 a. Define stability and its importance.
(or)
b. Briefly explain the concept of force.
- 13 a. Name three major muscles and briefly explain its origin and Insertion.
(or)
b. Define joint and briefly explain the ball and socket joint movements.
- 14 a. Calculate the final velocity when the acceleration is 5m per sec square and the time taken is 20 seconds.
(or)
b. Briefly explain, how the bio mechanics helps the coaches.
- 15 a. Prove $f = m \times a$.
(or)
b. Define lever and briefly explain its types.

PART - C (3X10=30)

Answer Any Three questions
All questions carry equal Marks

16. How the kinesiology is importance for higher performance in sports.
17. Describe the Newton's Law of Motion in detail.
18. Explain the Speed, velocity and acceleration relation in detail.
19. How the anatomical structure helps for movement analysis.
20. Explain the projectile motion and its importance in sports.

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No : SubjectCode:17501

**B.Sc SPORTS COACHING DEGREE EXAMINATION
NOVEMBER – 2018
FIFTH SEMESTER
KINESIOLOGY AND BIOMECHANICS**

DURATION : 3 HOURS

MAX. MARKS : 75

**PART – A (10X2= 20)
Answer All Questions
All Questions Carry Equal Marks**

1. Define Sports Bio Mechanics.
2. Name the types of Motion.
3. Define impulse.
4. Define kinesiology.
5. Define planes.
6. Define velocity.
7. Define Center of gravity.
8. Define III law of motion.
9. Meaning of displacement.
10. Name two advantages of force.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC16502

**B.Sc SPORTS COACHING DEGREE EXAMINATION
NOVEMBER – 2018
FIFTH SEMESTER
ANTHROPOMETRY SPORTS PEDAGOGY AND TALENT
IDENTIFICATION**

DURATION : 3 HOURS

MAX. MARKS : 75

**PART – A (10X2= 20)
Answer All Questions
All Questions Carry Equal Marks**

1. Define pedagogy.
2. Types of visions.
3. Define talent identification.
4. Define anthropometry.
5. Name two Psychological test.
6. Define two dimensional profile.
7. Name four physical attributes.
8. Purpose of testing.
9. Name two skill test related your game.
10. Define perfection years.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)

**Answer All questions
All questions carry equal Marks**

- 11.a Importance of Anthropometry.
(or)
b. List down the different places of measurement.
- 12.a. Briefly explain the five methods of scientific teaching.
(or)
b. Importance of Sports Pedagogy.
- 13.a Explain the importance of Talent identification.
(or)
b. Explain the multi dimensional predication.
- 14 a. Briefly explain any two skill test related your game with testing Procedure.
(or)
b. Explain the importance of vision.
- 15 a .Explain how the parental support helps in sports.
(or)
b. Briefly explain the assessment of Psychological skill.

PART - C 3X10 = 30

**Answer Any Three questions
All questions carry equal Marks**

16. How the Anthropometry helps to achieve the high level Performance in sport.
17. Explain the principles of sport pedagogy.
18. Explain the mechanism of identification of talents.
19. Name any three physical attributes with testing procedure.
20. Explain the different stages of Identify the talents.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Register No : SubjectCode:BC17101

B.SC.SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
FIRST SEMESTER

இலக்கியமும் மொழித்திறனும்

Duration: 3 Hours Max. Marks:75
(10x2=20)

PART-A

Answer All Question
All Question Carry Equal Marks

1. பாரதியார் எழுதிய நூல் பெயர் இரண்டினைக் குறிப்பிடுக?
2. பாரதியார் மனம் எவ்வாறு செல்ல வேண்டும் என்கிறார்?
3. விளையாட்டின் வேறு பெயர் என்ன?
4. மரபு சார்ந்த விளையாட்டுக்கள் இரண்டின் பெயர்களைத் தருக?
5. புணராக் கொள்கை என்றால் என்ன?
6. ஆயம் என்றால் என்ன?
7. தெகிடி என்பது யாது?
8. பழமொழியின் வேறு பெயர்கள் எவை?
9. இட அடிப்படையில் விளையாடும் விளையாட்டுக்கள் எவை?
10. கலைச்சொல்லாகக் தருக?
1. Basket ball 2. Nutrition

Name :



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART-B (5x5=25)

Answer All Question
All Question Carry Equal Marks

11. (அ) பொன்னாகரம் சிறுகதையில் இடம் பெறும் வறுமைச் சூழலை விவரிக்க?
(அல்லது)
(ஆ) சாபவிமோசனம் சிறுகதையை விளக்கக?
12. (அ) பாரதியாரின் காணி நிலம் வேண்டும் சிறுகதையை விளக்குக?
(அல்லது)
(ஆ) பாரதியார் நல்லதோர் வீணை என எதனைக் குறிப்பிடுகிறார்?
13. (அ) விளையாட்டின் தோற்றம் குறித்து விளக்குக?
(அல்லது)
(ஆ) விளையாட்டின் வகை தோகைள் குறித்து விவரிக்க?
14. (அ) நாவல் இலக்கியம் குறித்து விவரிக்க?
(அல்லது)
(ஆ) சிறுகதை இலக்கியம் குறித்து விவரிக்க?
15. (அ) மரபுக் கவிதை விளக்கம் தருக?
(அல்லது)
(ஆ) கதைப் பாடல் என்றால் என்ன?

PART-B (3x10=30)

Answer Any THREE Question
All Question Carry Equal Marks

16. விளையாட்டின் தோற்றம் வளர்ச்சி குறித்து விவரிக்க?
17. புதுமைப்பித்தன் சிறுகதைகளைத் திறனாய்வு செய்க?
18. புதுக்கவிதை மற்றும் மரபுக் கவிதை குறித்து விவரிக்க?
19. நாட்டுப்புற பழமொழி மற்றும் விடுகதைகள் குறித்து விவரிக்க?
20. நாடக இலக்கியம் தோற்றம் குறித்து எழுதுக?

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:BC16102

B.S.C. COACHING DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

ENGLISH – I BASIC LANGUAGE SKILL

Duration: 3 Hours

Max.Marks: 75 Marks

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Give one example for a formal greeting
2. Where is the Cabuliwallah from? What is his real name?
3. Why didn't the last leaf move when the wind was blowing?
4. What are any two questions you can ask a friend you met recently to get some personal details about him/her?
5. You have called a friend to invite him/her to your birthday party. Your friend's dad answers and says he/she is asleep. Leave the message with your friend's dad.
6. Mandy and Tom are on the way to the airport.
(1) _____ (there/their/they're) waiting for
(2) _____ (there/their/they're) mother.
7. It is really ok. It is actually not (1) _____ (your/you're) fault. (2) _____ (Your/You're) being a little too hard on yourself, I suppose.
8. I'm interested in Denmark and (1) _____ (its/it's) people.
(2) _____ (its/it's) a beautiful country.
9. Ravi (1) _____ (has/have) to pay the fine to enroll in the course. Here (2) _____ (are/is) the books that he will need for this course.
10. Name the four types of paragraphs.



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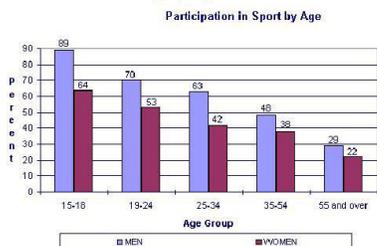
Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

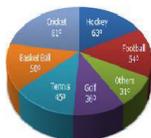
PART – B Answer All Questions All Questions Carry Equal Marks

(5x5= 25)

- 11a. Introduce yourself briefly.
(or)
b. Introduce your best friend briefly.
- 12a. Describe the bar graph given below:



- (or)
b. Describe the visual given below:
The Pie-chart given here shows the spending's of a country on various sports during a particular year.



- 13a. Write a brief paragraph on any one of your favourite sport.
(or)
b. Write a short paragraph on any one of your favourite sports woman/man.
- 14a. Describe the scene after a narrow miss of the victory in the last ball in a cricket match.

(or)

- b. You are a spectator at a cricket match. Trouble erupts suddenly in the stadium and you witness a riot among the crowd. Give a vivid description of the situation.
- 15a. Imagine you get an opportunity to speak over the phone with a famous sports person. Write an imaginary dialogue between the two of you with atleast five exchanges.
- (or)
b. You love playing football. This is your first visit to a playground near your new home. You meet another football player who regularly plays there. Write an imaginary dialogue giving and asking for personal information and exploring possibility of you playing along with them.

PART – C Answer Any THREE Questions All Questions Carry Equal Marks

(3x10=30)

16. What is the theme and the message of the story 'Cabuliwallah' by Rabindranath Tagore.
17. The story reveals the common man's attraction for the film world, and film stars, the realities of the film world, and the disappointment we get when we come closer to it. – Comment.
18. Translation – 50 words



19. Interpret the advertisement given above.
20. Write a short curriculum vitae applying for an internship during your summer holidays.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:BC17104

B.S.C. COACHING DEGREE EXAMINATION

NOVEMBER- 2018

FIRST SEMESTER

HISTORY ORIGIN AND DEVELOPMENT OF SPECIFIED
SPORT/GAME

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A

(10x2= 20)

**Answer All Questions
All Questions Carry Equal**

1. List down four techniques of your game.
2. Abbreviate AFI /AIFF/VFI.
3. Name the world federation of your game.
4. List down two national competition of your game.
5. Name three Asian countries took part in Asian championship.
6. Name two Arjuna awardee.
7. Define Dhroncharaya award.
8. Abbreviate IOA.
9. Name four countries took part in Olympics.
10. Abbreviate SDAT.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5= 25)
Answer All Questions
All Questions Carry Equal Marks

- 11 a Give an account of the history of world federation of your game
(or)
b. Explain recent trends in world game / athletic organization.
12. a. Discuss the development in Asian games.
(or)
b. Examine the functional set up of Asian federation.
- 13 a Explain the History of Indian federation of your game.
(or)
b. Explain briefly the structure of federation of choice of your game.
- 14 a Discuss organizational set up of State Association.
(or)
b. Explain recent trends in state Association.
- 15 a .Describe national championship of your game
(or)
b. Enumerate the Olympic events

PART – C (3x10= 30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. What are the structure of World federation body of your game?
17. Explain organizational structure of Asian federation.
- 18.Explain the various development of federation in India.
- 19.Explain the importance of State association.
20. Explain how the clubs will help to strengthen the state association in terms of sport /game.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:BC16104
B.SC. COACHING DEGREE EXAMINATION
NOVEMBER- 2018
FIRST SEMESTER
HISTORY ORIGIN AND DEVELOPMENT OF SPECIFIED
SPORTS

Duration: 3 Hours

Max.Marks: 75 Marks

PART - A (10x2= 20)
Answer All Questions
All Questions Carry Equal

1. List down four techniques of your game.
2. Abbreviate AFI /AIFF/VFI.
3. Name the world federation of your game.
4. List down two national competition of your game.
5. Name three Asian countries took part in Asian championship.
6. Name two Arjuna awardee.
7. Define Dhroncharaya award.
8. Abbreviate IOA.
9. Name four countries took part in Olympics.
10. Abbreviate SDAT.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11 a Give an account of the history of world federation of your game
(or)
b. Explain recent trends in world game / athletic organization.
12. a. Discuss the development in Asian games.
(or)
b. Examine the functional set up of Asian federation.
- 13 a Explain the History of Indian federation of your game.
(or)
b. Explain briefly the structure of federation of choice of your game.
- 14 a Discuss organizational set up of State Association.
(or)
b. Explain recent trends in state Association.
- 15 a .Describe national championship of your game
(or)
b. Enumerate the Olympic events

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. What are the structure of World federation body of your game?
17. Explain organizational structure of Asian federation.
- 18.Explain the various development of federation in India.
- 19.Explain the importance of State association.
20. Explain how the clubs will help to strengthen the state association in terms of sport /game.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER 2018**

FIRST SEMESTER

ANATOMY AND PHYSIOLOGY

Duration: 3 Hours

Max.Marks : 75

PART – A

Answer All Questions

(10x2=20)

All Questions Carry Equal Marks

Define the following terms

1. Physiology.
2. Stratified Epithelium.
3. Actin.
4. Tendon.
5. Systole.
6. Pulse.
7. Inspiration.
8. Diffusion.
9. Nephron.
10. Hormones.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

இலக்கியமும் மொழித்திறனும்

Duration: 3 Hours

Max. Marks:75

PART-A (10x2=20)

Answer All Question

All Question Carry Equal Marks

1. சிற்றிலக்கியங்கள் என்றால் என்ன?
2. தமிழ்விடு தூது யார் யாருக்கா அனுப்பியது?
3. மூக்கூடற்பள்ளு பெயர்க் காரணம் தருக?
4. பிள்ளைத்தமிழ்ப் பருவங்களின் பெயர்களைக் குறிப்பிடுக?
5. நந்திக்கலம்பகத்தை இயற்றியவர் யார்?
6. தமிழர்களின் வீர விளையாட்டுக்களின் பெயர்களைக் குறிப்பிடுக?
7. தமிழுக்குத் தொண்டாற்றி இஸ்லாமியர் இருவர் பெயர்களைக் குறிப்பிடுக?
8. குற்றாலக் குறவஞ்சியை இயற்றியவர் யார்?
9. பரணி இலக்கியம் குறிப்பு வரைக?
10. பிழைநீக்கம் செய்க:
கண்ணன் பாடம் படித்தாள்.
ஆடு மேய்ந்தது.

PART-B (5x5=25)

Answer All Question

All Question Carry Equal Marks



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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

11.(அ)நந்திவர்மனின் வீரச்சிறப்புக் குறித்துக் கட்டுரைக்க?

(அல்லது)

(ஆ)மூத்தப்பள்ளுவின் நாட்டுவளம் குறித்து எழுதுக?

12.(அ)கையறு நிலைப்பாடல் என்றால் என்ன?

(அல்லது)

(ஆ)தமிழ்மொழியின் பிறப்பு குறித்து விவரிக்க?

13.(அ) அரகுர் நாட்டின் இயற்கைச் சிறப்பு பற்றி எழுதுக?

(அல்லது)

(ஆ)குற்றால மலையின் உறவு மலைகள் குறித்து விவரிக்க?

14.(அ)தமிழுக்குத் தொண்டாற்றிய கறித்தவர்கள் குறித்து கட்டுரைக்க?

(அல்லது)

(ஆ)வேட்டையாடுதல் குறித்து விவரிக்க?

15.எவையேனும் ஐந்து விளம்பர வாசகங்களை உருவாக்குக:

அ.இயற்கையைக் காப்போம்

(அல்லது)

ஆ.போதை இல்லாத விளையாட்டு

PART-B

(3x10=30)

Answer Any THREE Question

All Question Carry Equal Marks

16. திருக்குற்றால மலையின் இயற்கைவளம் குறித்து கட்டுரைக்க?

17.தமிழர் வாழ்வில் வீர விளையாட்டுக்கள் குறித்து விவரிக்க?

18.முக்கூடற்பள்ளுவின் நாட்டுவளம் குறித்துக் கட்டுரைக்க?

19.சிற்றிலக்கியங்களின் தோற்றமும் வளர்ச்சியும் குறித்து விவரிக்க?

20.பவிளையாட்டு வீரர் ஒருவரை நோக்காணல் செய்க?

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Melakottaiyur, Chennai-127

CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

SubjectCode:BC17202

**B.SC. SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
SECOND SEMEST**

ENGLISH – II

Duration: 3 Hours

Max.Marks: 75 Marks

PART – A

(10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Ask your Parents permission to attend your friend's marriage in Madurai
2. You are bit a late to your Office due to traffic. Apolozize your manager.
3. Fill in the appropriate articles using the clues (a, an, the)
 - a. ----- Elephant is ----- useful animal
4. Use this Phrase 'get into' and frame a sentence.
5. Add Prefix to the words:
 - a. ----- responsible b. ----- operate
6. Introduce your friend Mr. Venkat from Dubai to your Wife.
7. Write any two Salutation words in letter writing.
8. Fill in the suitable propositions:
 - a. He is ----- office
 - b. I am fond ----- chocolates
9. Choose the correct verb:
 - a. He ----- coffee (drink/drinks)
 - b. I ----- to dance (love/loves)
10. Rearrange the words to frame a sentence
 - a. Scientist/ was/ Abdul Kalam/famous/a



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

- a. Whose words has the writer quoted here?
 - b. What are the words of wisdom explained here?
 - c. What is the meaning for these words of wisdom?
1. Translate in Tamil:
You are at the Railway Station. There is an announcement at the Station. An old man, who does not know English wants you to explain the situation to him in tamil.
" the next train to Beach, will arrive at Platform No.1, in fifteen minutes time. Passengers are requested to bear with the delay"
2. Justify the title "Pip and the Convict"
 3. Explain Kalam views on " Where the cross is made"?
 4. Give any 10 useful leisure activities and how can it be implemented.

Name :

Register No :

SubjectCode:BC17302

**B.SC.,IN SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
THIRD SEMESTER**

ENGLISH – III CAREER LISTENING AND SPEAKING

Duration: 3 Hours

Max.Marks : 75

**PART – A (10x2=20)
Answer All Questions
All Questions Carry Equal Marks**

1. Write any two apologizing words.
2. What is your hobby?
3. What was Kalam's dream and what was the message?
4. Translate the following into Tamil:
" Time and Tide waits for none"
5. You are in 'The Taj' hotel, you wanted to check out the room. Ask for the procedure.
6. What DonaS.Sazone trying to speak in 'Women of the public Sphere'?
7. Supply articles wherever necessary:
 - a. This is ----- book
 - b. He is ----- boy
8. What is your favourite food?
9. Choose the best answer:
 - a. -----, your hospitality is very bad in your shop. (I am sorry/ I am happy)
10. Fill in the gaps: (At a Shopping Mall)
 - a. Ram ----- are the things to shop ----- and I love to purchase ----- a bag in The Shoppers shop.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. A) Translate the following in Tamil:

No, money alone cannot buy happiness. We can buy medicines with money But not our health. Happiness is not brought out by external things. If it is brought out with money it is false.
(or)

B) Write a letter to your grandfather that you are going to spent your Holidays

12. A) Match the following:

- | | | |
|----------------|----|-------------|
| a. Abdul Kalam | -- | tooth paste |
| b. Sachin | -- | America |
| c. Vijay | -- | Scientists |
| d. Bill Gates | -- | Actor |
| e. Close up | -- | Cricketer |

(Or)

B) Write a dialogue between two friends about their interests and disinterest.

13. A) Write a general essay on "Unemployment"

(Or)

B) Write a review on a recent movie you have seen.

14. A) Write a note on Kalam's 'dream a message.

(Or)

B) Write the Do's and Don'ts on students attitude in Classroom.

15. A) Develop the Hints:

If you ----- to improve your English, One thing ----
--- is to build up

Your ----- In order to do this, you have to practice ----
-----, And there

Are ----- effective ways to learn.

(Or)

B) Write an apolozing letter to your close friend that you are unable to attend

His marriage which held very recently.

PART – C

(3x10=30)

Answer any three questions.

All questions carry equal marks

5. Read the passage and answer the questions:

I often read Khalil Gibran, and always find his words full of wisdom. "Bread baked

Without love is bitter bread that feeds but half a man's hunger, - those who cannot work with their hearts achieve but a hollow, half- hearted success that breeds bitterness all round. If you are a writer, secretly preferring to be a Lawyer or a doctor, your written words will feed but half the hunger of your readers; if you are a teacher who would rather be a businessman, your instructions will meet but science, your performance will satisfy but half the needs of your mission. The personal unhappiness and failure to achieve results that come from being a round peg in a square hole is not, by any means new.

Questions:

d. What comparison does the writer use for personal unhappiness and failure to achieve?

e. If one is a teacher, secretly wanting to be a businessman, what will be the results of one's teaching?



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you count the fact that I never eat eggs unless they are boiled in milk.

Questions:

1. What attracted the author?
2. According to the author, who are the people who have unusual baits?
3. What did the author's secretary collect?
4. Why did she love them, according to the author?
5. Do you think that the author has any strange habit? If so, what is it?

* * * * *

Name :

Register No :

Subject Code:BC16302

**B.S.C.,IN SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018**

**THIRD SEMESTER
ENGLISH – III**

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Who is your favourite Sportsman?
2. Book 5 Chairs for your Lunch in a 'Star Hotel' with your friends on 1.1.2019
3. When you are free what type of activity will engage you?
4. If you are late to the Class, what would you say to the teacher?
5. Fill in the Gaps:
 - a. Two ----- two ----- four
 - b. Be true----- ----- friends
6. Write the difference between Tennis and Badminton
7. Report the following dialogue:

Teacher: Have you done your homework?
Student: No,-----?
Teacher: Why -----?
8. Translate in English:
 - a. Face is the index of mind
9. Describe the process of ink stains on a dress.
10. Write the symbolic representation of 'Where the Cross is made'



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PART – B (5x5=25)

Answer All Questions

All Questions Carry Equal Marks

11. Write a paragraph of about 150 words on any one of the topic
- A) The leader I like the most
(or)
B) Review of a movie you liked
12. Fill in the correct verbs:
- a. Everyone ----- present (is/are)
b. All ----- present (are/is)
c. Bread and Butter ----- my breakfast (is/are)
d. Group of boys -----to cinema (went/gone)
e. He ----- to watch cricket (like/likes)
(Or)
B. Match the following:
- | | | |
|----------------|----|---------------|
| a. Art is long | -- | ends well |
| b. All is well | -- | Life is Short |
| c. Look before | -- | than never |
| d. God is love | -- | you leap |
| e. Better late | -- | Love is God |
13. A) Develop the hints:
- A farmer had a goose ----- it laid a golden egg everyday ---
---- Greedy farmer ----- stomach ----- no golden
eggs .
Moral:
(Or)
- B) Translate the following into Tamil
- a. Union is Strength
b. Waste not, want not
c. Work is workshop
d. To err is human
e. When one shuts, another opens

14. A) Write any five to six important message that Kalam delivers.

(or)

- B) Who is the convict in the Pip and the Convict by R. Williams

15. A) Make sentences of your own using apologetic words Ex: I am Sorry.

(Or)

- B) Write a general essay on 'Your Role Model'.

PART – C (3x10=30)

Answer any three questions.

All questions carry equal marks

16. Justify the title where the Cross is made.
17. Summarize the Pip and the Convict
18. Express Dona.S.Sanzone views on 'Women of the Public Sphere'
19. Complete the following dialogue between a patient and a doctor
Patient: Doctor, I have a problem
Doctor: -----
(At least 5 exchanges from each)
20. Read the following passage and answer the questions:
I have always been attracted by people of unusual habits. By this, I do not imply hippies and drop-outs or anyone of that band of unhappy people for whom modern society is too sick and uncivilized to bear. No, I mean those quiet. Orderly people, living apparently blameless lives, who enrich their humdrum existences by adopting odd quirks and passions, unlikely routines or harmless manias for useless objects. Like the secretary I had, who collected earwigs, though what she did with them I never knew. I believe that she loved them because they were small and thin like herself and had a way of scuttling about in very much poorer without such did. Life, I am sure, would be very much poorer without such people in it. Sometimes, I feel I am lacking in personality, since I have none of these strange habits. Unless



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being finished in good time, he has long interval of rest in the evening before he goes to bed.

1. What makes work done in the morning better?
2. Why should we take exercise in the fresh morning air?
3. Why is the early riser not tempted to do any work in haste?
4. What makes him relaxed in the morning?
5. This passage talks about -----

Name :

Register No :

Subject Code:BC17402

**B.SC.,IN SPORTS COACHING DEGREE EXAMINATION
NOVEMBER-2018
FOURTH SEMESTER**

**ENGLISH – IV CAREER LISTENING AND SPEAKING
Duration: 3 Hours Max.Marks : 75**

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Who is our present Education Minister?
2. What John Milton tries to say in his poem, 'How soon hath time'?
3. What was Tagore advice to the religious minded people about God?
4. What is Dharma in Tirukural?
5. Who was called as the 'Freshman' in 'Love all serve all'?
6. Who were the people according to Tagore are to be worshipped?
7. What are the important elements you should follow while writing a report?
8. Mail your friend that you are visiting his home tomorrow.
9. Write the meaning of Consumerism.
10. Write the theme of 'How soon hath time'.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: BC17303

B.SC SPORTS COACHING DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

SPORTS MEDICINE AND NUTRITION

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. List down two fluid replacement
2. Name two types of massage
3. Abbreviate CPR
4. Name two injuries in sports
5. Define Sports medicine
6. Name the joint at elbow
7. What is balanced diet?
8. Define abrasion
9. Define calories
10. Abbreviate WADA



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. a. Give an account of preventive measures in sports
(or)
b. List down the importance of sports medicine
12. a. write short notes on i. laceration ii. Fracture
(or)
b. Explain briefly about dislocation with example
- 13 a. Briefly explain the blood doping
(or)
b. List down the principles of massage
- 14 a. Briefly discuss the biological factors affecting women in sport
(or)
b. Briefly explain the anatomical difference of women
- 15 a. Explain how food supplements helps for sports performance
(or)
b. Briefly explain the post-game meal

PART – C

(3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. How the sports medicine helps to improve the high level Performance.
17. Explain the sports specific injuries in detail
18. What are the factors affecting women sports performance - explain
19. Define doping and explain the different classes of doping
20. Explain, how the diet helps to improve the top performance



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: BC17304

B.SC SPORTS COACHING DEGREE EXAMINATION

NOVEMBER- 2018

THIRD SEMESTER

**TECHNIQUES AND TECHNICAL TRAINING OF SPECIFIED
SPORTS/GAME**

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A (10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Define skill.
2. Name two without ball technique.
3. List down four technique of specified your sport.
4. Define style.
5. Define motor learning.
6. List down motor qualities.
7. Name four training aids.
8. What is pressure training?
9. What is simple to complex training?
10. Define positioning.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: USC18CT103

B.SC SPORTS COACHING DEGREE EXAMINATION

NOVEMBER- 2018

FIRST SEMESTER

ANATOMY & PHYSIOLOGY

Duration: 3 Hours

Max. Marks: 75 Marks

PART - A

(10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Power of the cell
2. Types of Muscles
3. Function of pulmonary Aricle.
4. Define cardiac out put
5. Define alveoli
6. Functions of skin
7. Define flexion
8. Types of muscle fibers
9. Define Gland?
10. Define physiology



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

11. (a) How the anatomy is helping for higher performance
(or)
(b) Briefly explain the importance of cell
12. (a) Write short notes on the following i. cardiac cycle ii. Myocin
(or)
(b) Briefly explain the various types of circulation
- 13.(a) Write down the Importance of muscular system
(or)
(b) Explain the Fundamental Movements?
- 14.(a) What are the Mechanism of Respiratory System?
(or)
(b) Explain the Muscles Involved in Respiratory System?
- 15.(a) List down the functions of Skin?
(or)
(b) Briefly explain about Nervous System?

PART – C

(3x10=30)

**Answer Any THREE Questions
All Questions Carry Equal Marks**

16. Draw the diagram of Cell and explain its Function?
17. Explain the mechanism of Muscular system?
18. Discuss the Structure and functions of Heart?
19. Draw the diagram of respiratory system and explain its Function?
20. Explain is the structure and function of Kidney?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: USC18CT104

B.SC SPORTS COACHING DEGREE EXAMINATION

NOVEMBER – 2018

FIRST SEMESTER

HISTORY AND ADMINISTRATION OF SPORT/GAME

Duration: 3 Hours

Max. Marks: 75 Marks

PART – A

Answer All Questions

All Questions Carry Equal Marks

(10x2=20)

1. Head quarter of Sports Authority of India.
2. Name of the two trophies related your game.
3. Name four name of the federations.
4. List down two functions of SAI.
5. Head quarters of NSNIS.
6. Define Arjuna awardee.
7. Name two Dhroncharaya awardee.
8. Write down four functions of sports Universities.
9. Name four major sport event took part in Olympics.
10. Abbreviate FIFA/IAAF /IHF/FIVB.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)

**Answer All questions
All questions carry equal Marks**

11. a. Give an account of the different committees for successful conduct of World federation.
(or)
b. Write down five significant dates of your specified game.
12. a. List down the functions of Indian Olympic Association.
(or)
b. Examine the organizational set up of Indian Federation.
13. a. Name the SAI Regional centers and explain the any one of the Regional Centers functions
(or)
b. Explain briefly the scheme of SAI.
- 14 a Discuss organizational set up of State Association.
(or)
b. Explain recent trends in state Association.
- 15 a .Write down the importance of SDAT.
(or)
b. Enumerate the duties of Sports officer in the District SDAT.

PART - C 3X10 = 30 Answer Any Three questions All questions carry equal Marks

16. Explain the structure of World Federation of your specified sport?
17. Explain functional activities and their duties of Indian federation related your game.
18. Explain the various activities of Sports Authority of India.
19. Explain the importance of State Association.
20. Explain Various activities and organizational set up of SDAT.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code: USC18DE001

B.SC SPORTS COACHING DEGREE EXAMINATION

NOVEMBER- 2018

FIRST SEMESTER

STRENGTH AND CONDITIONING

Duration: 3 Hours

Max. Marks: 75

(10x2=20)

PART - A

Answer All Questions

All Questions Carry Equal Marks

1. Define isometric.
2. How to fix the intensity for endurance activity.
3. Abbreviate 1RM.
4. Define reaction ability.
5. What is the difference between fartlek and varied phase method?
6. Target heart rate for Interval training.
7. Types of Endurance.
8. Define intensity.
9. Define Explosive power.
10. Name two test to identify the flexibility.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART - B (5x5 = 25)
Answer All questions
All questions carry equal Marks

- 11 a Give an account of the importance of warming up.
(or)
b. Write down the significant importance of strength endurance.
12. a. Write down the test for agility and Endurance.
(or)
b. Briefly explain the acceleration ability.
- 13 a. How to assess the intensity for the fartlek training with Example?
(or)
b. Explain briefly the methods to develop the speed endurance.
- 14 a Briefly explain how the diet is helping for endurance activity.
(or)
b. Explain recent development in food supplements.
- 15 a .Write down the importance up hill training.
(or)
b. Enumerate the duties of conditioning expert.

PART - C 3X10 = 30
Answer Any Three questions
All questions carry equal Marks

16. Explain the means and methods of developing the strength.
17. Explain the means and methods of developing the endurance,
18. Explain the different traits of Co ordinative abilities,
19. Prepare a Chart for 6 station circuit training with intensity.
20. Explain the types, importance, and methods of Flexibility in detail.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc. E P & NUTRITION DEGREE EXAMINATION
NOVEMBER 2018**

THIRD SEMESTER

KINESIOLOGY

Duration: 3 Hours

Max.Marks : 75

PART - A

Answer All Questions

(10x2=20)

All Questions Carry Equal Marks

Define the following terms

1. Kinesiology.
2. Ergonomics.
3. Cardiac muscle.
4. Bipemate muscle.
5. Triceps.
6. Pectoralis Minor.
7. Infraspinatus.
8. Gluteus muscles.
9. Biomechanics.
10. Catching.



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PART – B

(5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Explain the need of kinesiology in sports.
(or)
b. Describe the history of kinesiology in detail.
- 12a. Enumerate the types of muscle fibre arrangement.
(or)
b. Enlist the functions of muscles.
- 13a. Explain the origin, insertion and action of Pectoralis major.
(or)
b. Explain the attachment and action of Biceps.
- 14a. Describe the origin and insertion and action of Gluteus maximus
(or)
b. Describe the origin and insertion and action of Rectus abdominus.
- 15a. Describe the phases of running in detail.
(or)
b. Explain the mechanics of throwing in detail.

PART – C

(3x10=30)

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

16. Explain in detail the meaning, scope and importance of kinesiology in sports.
17. Discuss the classification of muscle fibres in detail.
18. Explain the components of Quadriceps muscle with a neat diagram.
19. Discuss the origin, insertion, nerve supply and action of deltoid and Trapezius.
20. Describe the mechanism of walking in detail.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc. E P & NUTRITION DEGREE EXAMINATION
NOVEMBER 2018**

THIRD SEMESTER

BIOLOGICAL BASIS OF PHYSICAL EDUCATION

Duration: 3 Hours

Max.Marks : 75

**PART – A
Answer All Questions
All Questions Carry Equal Marks** (10x2=20)

1. Meaning of Physical Education.
2. Define Biology.
3. Write a note on Maturation.
4. Define the term Learning.
5. Define the term Growth.
6. Write note on Adolescent.
7. Write a note on Mental Age.
8. Meaning of Heredity.
9. Define the term Mesomorphic.
10. Meaning of Asthenic.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer all Questions
All questions carry equal marks

- 11a. Discuss the relationship of Physical Education with biology.
OR
b. Enumerate the scope of Physical Education.
- 12a. Differentiate the Growth and Development.
OR
b. Briefly explain the principles of Growth and Development.
- 13a. Discuss the biological characteristics of an adolescent.
OR
b. Briefly explain the growth and development during childhood.
- 14a. Discuss the effect of heredity and environment on growth and development.
OR
b. Write short note on chronological age and physiological age.
- 15a. Explain in detail about the reciprocal innervations.
OR
b. Give a detailed account on Kretschmers classification of body types.

PART – C
Answer any THREE Questions
All questions carry equal marks (3x10=30)

16. Discuss the need and importance of Physical Education in the modern society?
17. Enumerate the factors affecting growth and development and explain the need of studying growth and development.
18. Give a detailed account on the different stages of growth and development?
19. Enumerate the age and sex difference in relation to physical activities and sports.
20. Enumerate the Sheldon classification of body types.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

you count the fact that I never eat eggs unless they are boiled in milk.

Questions:

1. What attracted the author?
2. According to the author, who are the people who have unusual baits?
3. What did the author's secretary collect?
4. Why did she love them, according to the author?
5. Do you think that the author has any strange habit? If so, what is it?

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Name :

Register No :

Subject Code:12303

**B.Sc. EP&N DEGREE EXAMINATION
NOVEMBER 2018
THIRD SEMESTER**

ENGLISH – III- PROGRESSIVE LANGUAGE SKILLS

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2= 20)

Answer All Questions

All Questions Carry Equal Marks

1. Who is your favourite Sportsman?
2. Book 5 Chairs for your Lunch in a 'Star Hotel' with your friends on 1.1.2019
3. When you are free what type of activity will engage you?
4. If you are late to the Class, what would you say to the teacher?
5. Fill in the Gaps:
 - a. Two ----- two ----- four
 - b. Be true----- ----- friends
6. Write the difference between Tennis and Badminton
7. Report the following dialogue:

Teacher: Have you done your homework?
Student: No,-----?
Teacher: Why -----?
8. Translate in English:
 - a. Face is the index of mind
9. Describe the process of ink stains on a dress.
10. Write the symbolic representation of 'Where the Cross is made'



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

being finished in good time, he has long interval of rest in the evening before he goes to bed.

1. What makes work done in the morning better?
2. Why should we take exercise in the fresh morning air?
3. Why is the early riser not tempted to do any work in haste?
4. What makes him relaxed in the morning?
5. This passage talks about -----

Name :

Register No :

Subject Code:12403

**B.Sc. EP&N DEGREE EXAMINATION
NOVEMBER 2018
FOURTH SEMESTER**

**ENGLISH – IV CAREER LISTENING AND SPEAKING
Duration: 3 Hours Max.Marks : 75**

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Who is our present Education Minister?
2. What John Milton tries to say in his poem, 'How soon hath time'?
3. What was Tagore advice to the religious minded people about God?
4. What is Dharma in Tirukural?
5. Who was called as the 'Freshman' in 'Love all serve all'?
6. Who were the people according to Tagore are to be worshipped?
7. What are the important elements you should follow while writing a report?
8. Mail your friend that you are visiting his home tomorrow.
9. Write the meaning of Consumerism.
10. Write the theme of 'How soon hath time'.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11. A) Where we can search God, Is it by mantras or what?
(OR)
B) Analyse the poem 'How soon hath time' come by Milton
12. A) Write down the importance of Dharma by C. Subramaniam
(OR)
B) Write down Dereks contribution in NCAA Men's Basket ball tournament
13. A) What is the purpose of the report and why is it needed?
(or)
B) Give two to three examples of Consumerism
14. A) Make notes of the following passage:

Sparrows:

Sparrows are found in many parts of the world and they are of several kinds. The one that is best known to us is the house Sparrow. But there is also the hedge- sparrow that makes its nest in hedges and bushes. A noisy bird, the house-sparrow has its own song, mainly made up of a series of calls and twitters. It makes its nest in a hole or some niche in the house. This nest is no more than an arrangement, not a very tidy one, of paper and straw which may be lined with wool and hair. The hedge-sparrow is more slender than the house sparrow. It is brown, black and bluish grey in colour. It too sings often a warbling song. Like the house-sparrow it hops on the ground and makes its own untidy nest. Sparrows eat seed of many different kinds. But much more than seeds, they feed on

insects. They lay eggs which number three to six (at one time)

(OR)

B) Your friend is in need of O+ blood immediately. Mail your friend to arrange for it.

15.A) Match the slogan:

- | | | |
|----------------|----|---|
| a.) Kit kat | -- | Eat fresh |
| b) KFC | -- | For everything Else, There's mastercard |
| c) Subway | -- | I'm lovin it |
| d) McDonalds | -- | have a break |
| e) Master Card | -- | Finger lickin 'Good' |
- (OR)

B)Frame Sentences on your own:

- | | | | |
|----------------|-------------|---------------|----|
| a. To find out | b) walk out | c) get rid of | d) |
| Ask for | e) used to | | |

PART – C (3X10=30)

III: Answer any THREE of the following:

16. Express Tagore's view on his poem 'Leave this Chanting'.
17. Write down Derek Williams achievement in Basket Ball.
18. View your ideas on how Consumerism is used to control Society
19. Write a general essay on the topic "My Favourite Sport"
20. Comprehension:

The great advantage of early rising is the good start, it gives us in our day works in the early morning the mind is fresh and there are a few sounds or other distraction so that time is generally well done.

The Early riser also finds time to take some exercise in the fresh morning Sir, and this exercise supplies him with funds of energy that will last until the evening. By beginning so early, he knows that he has plenty of time to do thoroughly all the work he can be expected to do, and is not tempted to hurry over any part of it. All his work



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc. E P& NUTRITION DEGREE EXAMINATION
NOVEMBER 2018
FOURTH SEMESTER
THEORIES OF SPORTS AND GAMES -II**

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Specification of basketball.
2. Minimum number of players required to start the hockey game.
3. Number of substitute players in volleyball.
4. Height of corner flag post in soccer.
5. Write the specification of hockey ball.
6. Time-out in basketball game.
7. Purpose and measurements of antenna in volleyball.
8. Duration of the game in soccer.
9. Equipment's required for cricket bats man.
10. Specifications of cricket stump.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

11a. Explain the substitution rules pertaining to basketball game.

(or)

b. Discuss the mechanism of officiating in hockey.

12a. Draw the score sheet of soccer game and explain the method of scoring.

(or)

b. Draw the penalty area of soccer game with measurements and explain the rules pertaining to penalty area.

13a. Draw the basketball back board and mention its measurements.

(or)

b. Explain any three umpire signals of hockey game.

14a. Draw a volleyball court and write important measurements.

(or)

b. List the officials required to conduct a standard volleyball match Explain the responsibilities of table officials.

15a. Explain the specifications of cricket ball and bat.

(or)

b. Explain the rules related to substitution in cricket.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. Explain the first five rules mentioned in volleyball association rules book.

17. Describe the mechanism of officiating in soccer.

18. List the officials required to conduct the basketball match. Explain their responsibilities.

19. Draw a hockey field and mention all the measurements.

20. Discuss any five umpire signals of cricket game.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No.:

Subject Code: 12401

B.SC E P & N DEGREE EXAMINATION

NOVEMBER-2018

FOURTH SEMESTER

EXERCISE FOR SPECIAL POPULATION

Duration: 3 Hours

Max.Marks:75

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. What is fitness?
2. Define anaerobic fitness?
3. What you meant by athlete.
4. What is aerobic capacity?
5. List out any two functions of nervous system.
6. List out any two functions of cardio vascular system.
7. Mention any two exercise benefits for older people.
8. Define muscle training.
9. What you meant by BMI.
10. Write the formula for BMI.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No : SubjectCode:12404A

**B.Sc EXERCISE PHYSIOLOGY DEGREE EXAMINATION
NOVEMBER-2018
FOURTH SEMESTER**

இலக்கியமும் மொழித்திறனும்

Duration: 3 Hours Max. Marks:75

PART-A (10x2=20)

Answer All Question

All Question Carry Equal Marks

1. திருக்குறளைச் சிறப்பித்துக்கூறும் நூல்து?
2. திருக்குறளில் எத்தனை அதிகாரங்கள் உள்ளன?
3. சார்பு விளையாட்டுக்கள் என்றால் என்ன?
4. நெடுநல்வாடையை இயற்றியவர் யார்?
5. எட்டுத்தொகை நூல்களின் பெயர்களைக் குறிப்பிடுக?
6. ஐங்குநூற்று னுறிப்பு வரைக?
7. சங்கம் மருவி கால நூல்கள் எவை?
8. பத்துப்பாட்டு நூல்கள் எவை?
9. விளையாட்டு என்றால் என்ன?
10. நெடுநல்வாடையின் பாட்டுடைத் தலைவன் யார்?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No :

Subject Code:12501

B.Sc. EP&N DEGREE EXAMINATION

NOVEMBER 2018

FIFTH SEMESTER

EFFECT OF TRAINING ON VARIOUS SYSTEMS

Duration: 3 Hours

Max.Marks : 75

PART – A (10x2=20)

Answer All Questions

All Questions Carry Equal Marks

1. Define Stroke Volume.
2. Define Blood Pressure.
3. Define Tidal Volume.
4. Define Homeostasis.
5. Define Hyperplasia of Muscle.
6. Write two sensory receptors.
7. Define Motor Unit.
8. What is Neuron?
9. Write the activities of Hypothalamus.
10. Growth hormone increases during exercise. How?



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

**B.Sc E P& N DEGREE EXAMINATION - NOVEMBER 2018
SIXTH SEMESTER**

EXERCISE BIOCHEMISTRY

Duration: 3 Hours

Max.Marks : 75

PART – A

(10x2=20)

**Answer All Questions
All Questions Carry Equal Marks**

1. Define Biochemistry.
2. What is Serum?
3. Define Kilocalorie.
4. What is Cori cycle?
5. What is Lipoprotein?
6. Give two examples for Fatty acid.
7. Write the names of Essential amino acid.
8. Name 2 substances that needs Iron for their formation.
9. Why acid base balance is essential. What is the normal PH value of ECF?
10. Give one example for Volatile and Non-Volatile acid.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)
Answer All Questions
All Questions Carry Equal Marks

- 11a. Explain why Exercise Bio-Chemistry is essential for the field of Exercise Physiology.
(or)
b. Define Catabolism. Write the various steps that occur during Catabolism.
- 12a. What is ATP. Write the steps that occur during energy is released from ATP and AMP.
(or)
b. Write about the role of carbohydrate in energy metabolism.
- 13a. What are the components of triglycerides and explain the steps during hydrolysis.
(or)
b. Discuss about the Importance and functions of various Lipoproteins.
- 14a. With a neat diagram explain about the structure and formation of Haemoglobin.
(or)
b. Elaborate on Myoglobin and its function.
- 15a. Explain about Bicarbonate buffer system.
(or)
b. Elaborate on Phosphate buffer system.

PART – C (3x10=30)
Answer Any THREE Questions
All Questions Carry Equal Marks

16. With a neat diagram describe about the structure and function of Mitochondria.
17. Describe about Kerbs cycle.
18. Write about the role of Fat in energy metabolism.
19. Write about the various functions of plasma proteins.
20. Describe about Respiratory acidosis and alkalosis.

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CRITERIA 2 TEACHING LEARNING AND EVALUATION

Name :

Register No. :

Subject Code

B.Sc. E P & N DEGREE EXAMINATION -NOVEMBER 2018

FIFTH SEMESTER

SPORTS BIOMECHANICS

Duration: 3 Hours

Max.Marks : 75

PART – A

Answer All Questions

(10x2=20)

All Questions Carry Equal Marks

Define the following terms

1. Sports Biomechanics.
2. Kinetics.
3. Dynamics.
4. Force.
5. Inertia.
6. Angular motion.
7. Stress.
8. Strain.
9. Inflammation.
10. Overuse Injury.



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CRITERIA 2 TEACHING LEARNING AND EVALUATION

PART – B (5x5=25)

**Answer All Questions
All Questions Carry Equal Marks**

- 11a. Explain the scope and need of sports biomechanics.
(or)
b. Explain the role of biomechanics in Sports.
- 12a. Classify the types of equilibrium with example.
(or)
b. Explain the concept of Projectile motion in sports with a neat diagram.
- 13a. Explain the fundamental movements of Human body.
(or)
b. Differentiate acceleration and velocity.
- 14a. Explain the influence of strain in a body.
(or)
b. Describe the types of stress.
- 15a. Distinguish the intrinsic and extrinsic factors affecting injury.
(or)
b. Explain the individual differences in tissue threshold.

PART – C (3x10=30)

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

16. Explain in detail the meaning and historical development of Sports Biomechanics.
17. Discuss the classification of forces in detail. Add a note on Centre of Gravity.
18. Explain the Newton laws of motion in detail.
19. Discuss the stress strain curve in detail.
20. Explain the biomechanical analysis of overuse injury.
