



M 6090

Reg. No. : .....

Name : .....

VI Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.M./B.C.A./B.S.W./  
B.A. Afsal-UI-Ulama Degree (CCSS – Reg./Supple./Improv.)  
Examination, May 2014  
Open Course  
6D02 PED : DIMENSIONS OF PHYSICAL EDUCATION

Time : 2 Hours

Max. Weight : 20

PART – A

Answer **all** questions. This Part consist of **two** bunches of questions carrying **equal** weightage. **Each** bunch consist of **four** objective type questions.

- I. 1. Davis cup is related to the sport, \_\_\_\_\_  
a) Football      b) Tennis      c) Wrestling      d) Table tennis
2. Modern Olympics started in the year  
a) 1894      b) 1896      c) 1908      d) 1874
3. "Leanness" is related to \_\_\_\_\_  
a) Mesomorph      b) Endomorph  
c) Ectomorph      d) Scoliosis
4. "The study of functions of human body" is termed as \_\_\_\_\_  
a) Physiology      b) Anatomy      c) Kinesiology      d) Psychology      (W=1)
- II. 5. National game of India is \_\_\_\_\_
6. The deoxygenated blood reaches to the heart through \_\_\_\_\_
7. The National Sports Day is celebrated on \_\_\_\_\_
8. The ability of our body to change direction quickly is termed as \_\_\_\_\_ (W=1)

PART – B

Answer **any six** questions in **one** or **two** sentences **each**. **Each** question carries a weightage of **one**.

9. What is warming up ?
10. List the components of physical fitness.

P.T.O.



11. What is the Olympic motto ?
12. Explain stroke volume.
13. What is muscular hypertrophy ?
14. Explain Somatotyping.
15. How to calculate BMI ?
16. Describe Oxygen debt.
17. Give description on Rajiv Gandhi Khel Ratna Award.
18. Define motivation.

(W=6×1)

#### PART – C

Answer **any four** questions. Answer **not** to exceed **one** page. **Each** question carries a weightage of **two**.

19. Explain the importance of physical education in modern society.
20. Explain Olympic rings and its significance.
21. What are the health benefits of physical activity ?
22. Define good posture and explain its importance.
23. Briefly write on commonwealth games.
24. Describe the relationship between sports performance and personality development.
25. What is the role of muscles in movement ?
26. What are the components of AAHPER Youth Fitness Test ?

(W=4×2)

#### PART – D

Answer **any one**. **Each** question carries a weightage of **four**.

27. Briefly explain the psychological benefits obtain from physical activity.
28. What are the effects of exercise on respiratory system ? Explain.
29. List the principles of fitness management and Explain.

(W=1×4)

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