



K16U 0281

Reg. No. : .....

Name : .....



VI Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./  
B.C.A./B.S.W./B.A. Afsal-UI-Ulama Degree (CCSS – Reg./Supple./Improv.)  
Examination May 2016

OPEN COURSE

6D02 PED : Dimensions of Physical Education

Time : 2 Hours

Max. Weightage : 20

PART – A

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

- I. 1. The 2016 Olympics will be held at \_\_\_\_\_  
a) Paris  
b) Rio de Janeiro  
c) London  
d) Sydney
2. India's highest honour given for achievement in sports is \_\_\_\_\_  
a) Arjuna Award  
b) Dronacharya Award  
c) Rajiv Gandhi Khel Ratna Award  
d) Padmasree
3. The total volume of gas entering the lungs per minute \_\_\_\_\_  
a) Alveolar ventilation  
b) Pulmonary ventilation  
c) Dead space ventilation  
d) Minute ventilation
4. The national sports day is celebrated on \_\_\_\_\_  
a) November 12  
b) March 10  
c) August 29  
d) October 10 (W=1)

- II. 5. The oxygenated blood is pumped out from the heart through \_\_\_\_\_
6. The ability of our body to change direction quickly is termed as \_\_\_\_\_
7. Anatomy is defined as \_\_\_\_\_
8. The national game of India is \_\_\_\_\_ (W=1)

P.T.O.



## PART – B

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

9. What is the Olympic motto ?
10. Explain cardiac output.
11. List the mechanical principles involved in falling an object.
12. What are the components of physical fitness ?
13. How to measure blood pressure ?
14. What are the common postural deformities ?
15. What are the types of muscles ?
16. Write the formula for assessing the body mass index and explain.
17. What is oxygen debt ?
18. Briefly explain some motivation techniques to enhance sports performance.

(W=6×1)

## PART – C

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

19. Explain somato typing.
20. Write short note on health club management.
21. Briefly write the importance of physical education in modern society.
22. What are the health benefits of physical activity ?
23. Explain IOA.
24. Differentiate warming up and conditioning.
25. Write a brief note on Commonwealth games.
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. What are the effects of exercise on circulatory system ? Explain.
  28. Regular physical workout will help to improve mental fitness. Explain.
  29. Chalk out a general physical fitness development plan for common people. (W=1×4)
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