

Reg No:.....  
Name :.....

K24FY1253

**First Semester FYUGP Physical Education Examination**  
**November 2024 (2024 Admission onwards)**  
**KU1MDCPED101 (SPORTS AND SOCIETY)**  
(Exam Date: 29-11-2024)

Time : 90 min

Maximum Marks : 50

**Part A (Answer any 6 questions. Each carries 2 marks)**

1. What is the role of teamwork in sports? 2
2. Why society is said to be dynamic? 2
3. Summarize the role of team sports in enhancing communication and interpersonal skills. 2
4. Recall three benefits of contact sports. 2
5. What does the acronym WADA stand for? 2
6. What are the physical benefits of regular aerobic exercise? 2
7. Identify the primary "feel-good" hormone released during physical activity. 2
8. What hormone regulates mood, appetite and sleep, influenced by exercise? 2

**Part B (Answer any 4 questions. Each carries 6 marks)**

9. Differentiate between recreational sports and competitive sports. 6
10. "Sports are a socializing agent". Justify 6
11. Compare and contrast the long-term mental health benefits of participating in contact sports vs. mind-body sports. 6
12. Apply Cultural Exchange: How can hosting an international sports event like the Olympics promote cultural exchange in the host city? Provide specific examples. 6
13. Evaluate the effectiveness of sports interventions for mental health. 6
14. Analyze economic benefits of investing in exercise initiatives for mental health. 6

**Part C (Answer any 1 question(s). Each carries 14 marks)**

15. (a) Define culture. Explain the characteristics of culture. 7  
(b) Discuss the functions society. 7
16. Develop a social media campaign promoting recreational sports. 14