



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

An Alternative for Conventional Mode of Education

DIPLOMA IN PHYSICAL EDUCATION

FOUNDATIONS OF PHYSICAL EDUCATION

Answer all questions

1. Explain the objectives and scope of physical education.
2. Discuss the importance of pragmatism and realism in physical education and sports.
3. Elaborate the career opportunities in physical education and sports.
4. What is philosophy? Explain importance in any profession.
5. Explain idealism with respect to physical education
6. Explain role conflicts in physical education.
7. Explain the functions of sports councils of India.
8. Explain physical training in detail.
9. Discuss the sources of principles of Physical Education.
10. Describe the sociological foundations of physical education
11. Explain ethics in sports.
12. Explain the concept of general education.



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BASIC ANATOMY AND PHYSIOLOGY

Answer all questions

1. With a neat diagram, explain the structure of neuron.
2. Discuss the anatomy of kidney and explain glomerular filtration in detail.
3. Describe the structure of stomach and small intestine.
4. What is Einthoven triangle? Which are the different leads of ECG?
5. Explain with a neat diagram external respiration.
6. Explain the functions of skin.
7. Explain the structure and functions of spleen.
8. Explain the functions of cerebrum.
9. What are the different types of tissues in the human body? Explain them.
10. Explain the structure and functions of nervous tissue
11. Discuss various blood groups and their significance.
12. Write short notes on
(a) Peristalsis (b) Spermatogenesis (c) Functions of CSF



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METHODS OF PHYSICAL EDUCATION

Answer all questions

1. Explain the meaning, scope and importance of physical education.
2. Explain the principles of class management
3. Describe 'Guided discovery' style with an example of a suitable teaching unit.
4. Write the merits and demerits of Knock-out tournaments.
5. Explain the three stages of motor learning. How would a student learning tennis serve look at each of the three stages?
6. Explain Marching.
7. Write about any three strategies to prevent misbehaviours.
8. Explain Role Play method and its advantages
9. Design a lesson plan for a volleyball unit. Mention - objective/learning outcome, refinement, extension & application tasks, safety tips.
10. Write the merits of learning physical education under supervision.
11. Differentiate between teacher directed learning environment and student directed learning environment.
12. Draw a single knock out tournament for 25 teams



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SPORTS INJURIES AND REHABILITATION

Answer all questions

1. Explain the terminology and classification of common sports injuries.
2. Write about the pathological changes in sprains.
3. Explain the role of physical education in prevention of sports injuries.
4. Discuss the common sports injuries and their immediate treatment.
5. Explain therapeutic exercises and their classification.
6. Define massage and general approach to massage manipulation.
7. Discuss the importance of physiotherapy in rehabilitation of sports injuries.
8. Discuss about sports activities for the physically handicapped students
9. Explain the physiological principles of development of strength, endurance, speed and flexibility for training for sports activities.
10. Explain the first aid and emergency treatment for Sports injuries.
11. Discuss management of frozen shoulder and tennis elbow.
12. Explain the short term and long term effects of exercises on muscular tissues.



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ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION

Answer all questions

1. Explain the principles of administration and organization of physical education.
2. Explain the essential skills of sports management.
3. Explain the management of physical education in schools and colleges.
4. Explain the layout of physical education facilities and sports facilities.
5. Explain type of sports equipment and purchase procedure of sports equipment.
6. Discuss the importance of budgeting in physical education.
7. Write the objectives of camp with suitable examples.
8. Explain the duties of team manager in outdoor sports.
9. Explain the importance of curriculum designing in physical education.
10. Explain the principles of budgeting in physical education.
11. Discuss the merits and demerits of league method.
12. Explain the importance of records and registers in physical education.